

WHEN YOU'RE FEELING ANXIOUS

Sermon Series - Peace of Mind: Jesus + Mental Health

2 Chronicles 20:1-30

WHAT DO YOU DO WHEN FEELING ANXIOUS

❶ TURN TO GOD FOR HELP.
(vs 4-5)

❷ FOCUS ON GOD, NOT THE PROBLEM.
(vs 6-12)

❸ ADMIT YOUR INABILITY.
(vs 12-20)

❹ THANK GOD IN ADVANCE!
(vs 21-22)

❺ FIND THE BLESSING IN THE BAD.
(vs 24-26, 27, 29-30)

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