

My Anxiety



Will I make enough money
to pay my bills?

Where will my next meal
come from?

What if I don't get the job I
really want?

What if I get really sick?

Will I always be alone?

What if I fail this course?

What if I disappoint my
parents or friends?

...

I'm sure you have more you
could add here.

It doesn't help that all we hear in the media is that the economy, our health, our planet, our security, our kids' futures—you name it—it all hangs by a fragile thread that could snap at any moment.

The result is an anxious planet of people concerned with saving enough money and eating the best food and doing the right things in hopes of staving off any hardship.

It's an impossible mission that breeds a crippling sense of constant anxiety and worry.

The Bible offers a different way to approach our anxieties.

It tells us there is a God who has flooded the world with good things and cares about us so much that we can trust Him to provide for all of our needs.

We don't need to live in anxiety, but instead, if we take all our concerns to Him and trust Him to take care of us, we can actually live in peace—despite the instability we find in the world.

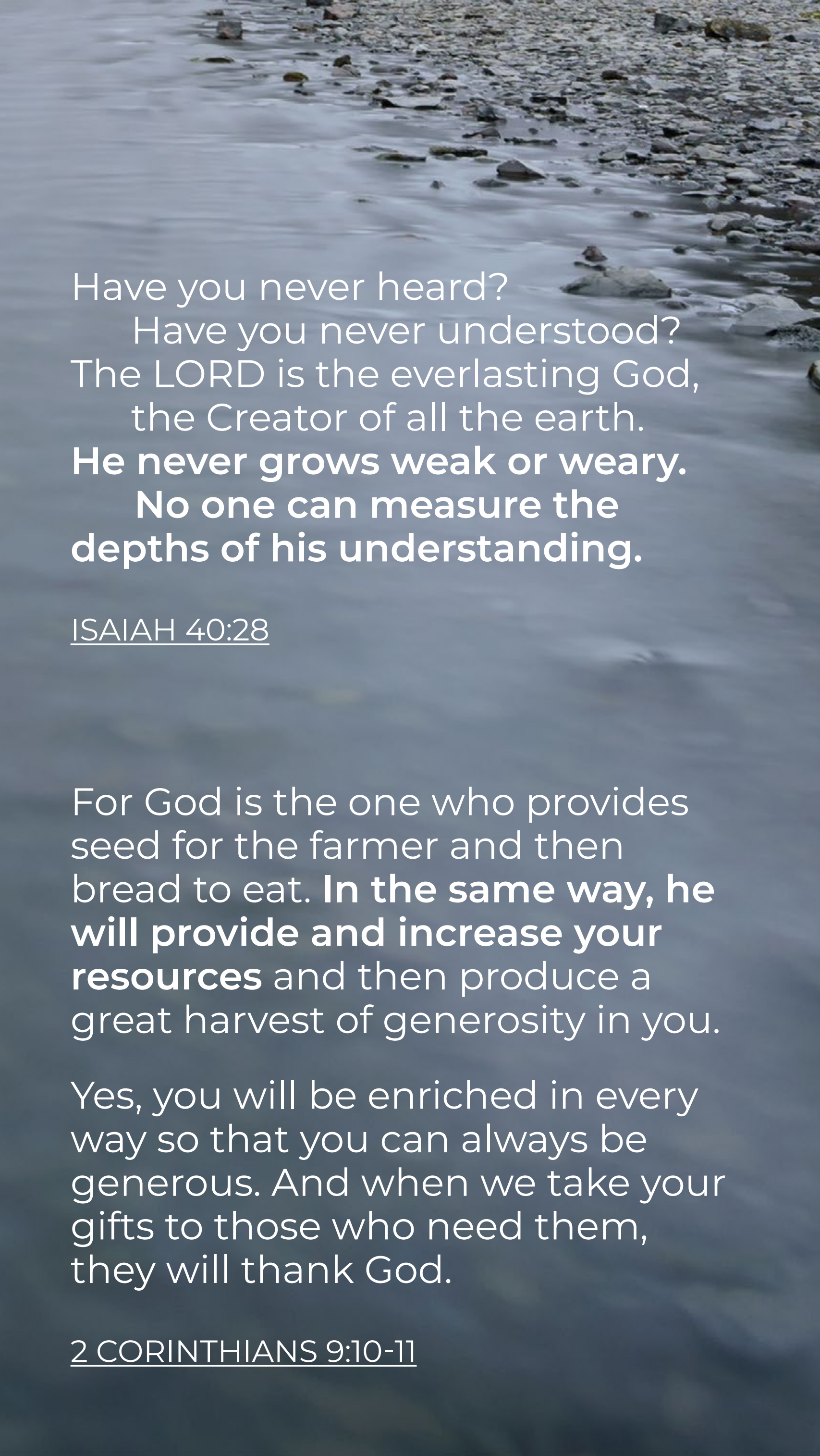
In the following pages you will be introduced to the God of abundance, provision, and peace.

NOTE: tap on the Bible references to read the verses in context using the NewLife app or online at www.newlife.bible



— ONE —

THE GOD OF **ABUNDANCE**



Have you never heard?
Have you never understood?
The LORD is the everlasting God,
the Creator of all the earth.
He never grows weak or weary.
**No one can measure the
depths of his understanding.**

ISAIAH 40:28

For God is the one who provides
seed for the farmer and then
bread to eat. **In the same way, he
will provide and increase your
resources** and then produce a
great harvest of generosity in you.

Yes, you will be enriched in every
way so that you can always be
generous. And when we take your
gifts to those who need them,
they will thank God.

2 CORINTHIANS 9:10-11

“Bring all the tithes into the storehouse so there will be enough food in my Temple. If you do,” says the LORD of Heaven’s Armies, “I will open the windows of heaven for you. I will pour out a blessing so great you won’t have enough room to take it in! Try it! Put me to the test!”

MALACHI 3:10

These are just the beginning of all that he does, merely a whisper of his power. Who, then, can comprehend the thunder of his power?

JOB 26:14

**The earth is the Lord's,
and everything in it.**

The world and all its people
belong to him.

For he laid the earth's
foundation on the seas

and built it on the ocean
depths.

PSALM 24:1-2



Yours, O Lord, is the greatness, the power, the glory, the victory, and the majesty. **Everything in the heavens and on earth is yours, O Lord, and this is your kingdom.** We adore you as the one who is over all things.

Wealth and honor come from you alone, for you rule over everything. Power and might are in your hand, and at your discretion people are made great and given strength.

1 CHRONICLES 29:11-12



— TWO —

THE GOD OF **PROVISION**



But the Lord is my fortress;
my God is the mighty rock
where I hide.

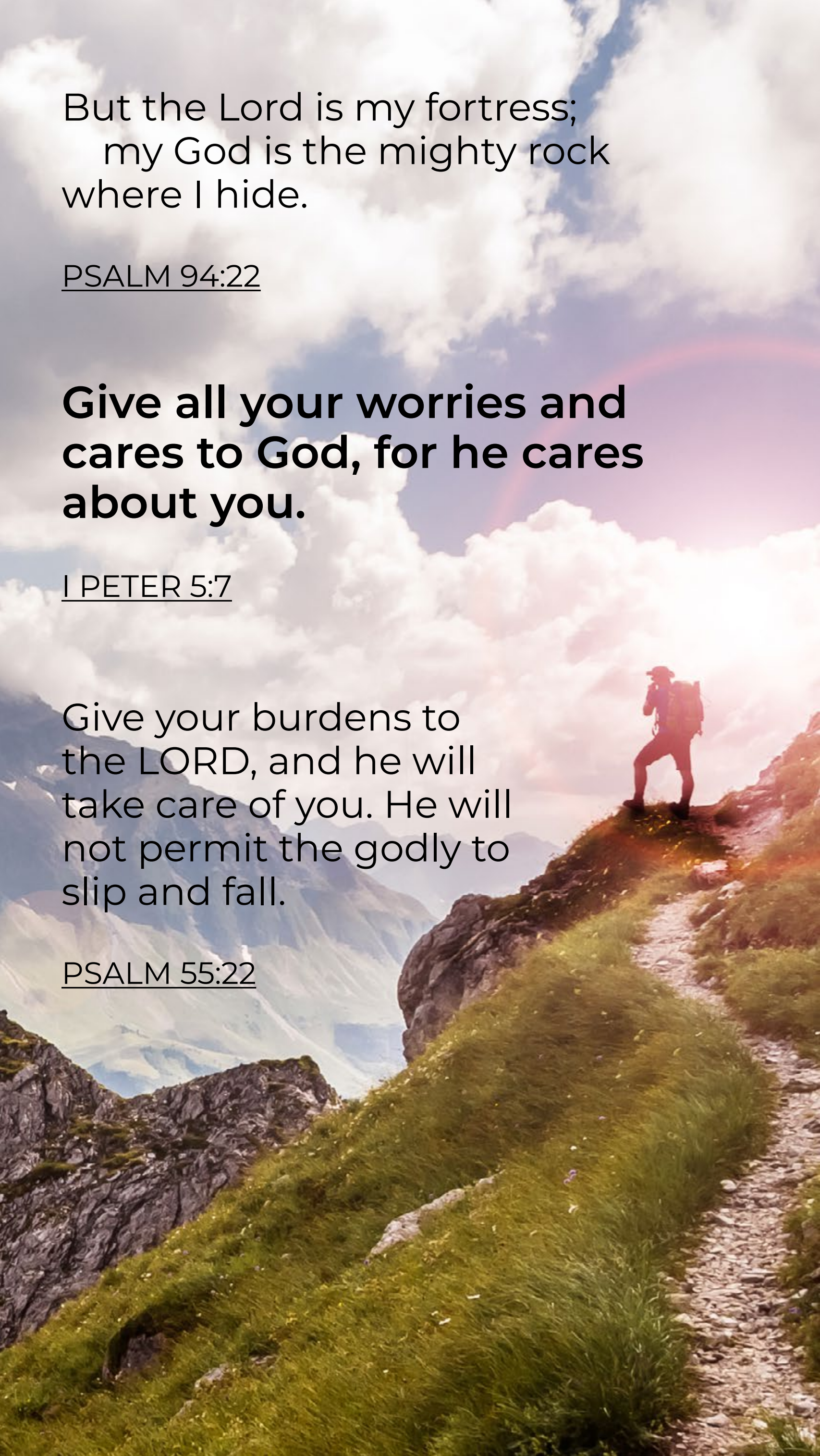
PSALM 94:22

**Give all your worries and
cares to God, for he cares
about you.**

1 PETER 5:7

Give your burdens to
the LORD, and he will
take care of you. He will
not permit the godly to
slip and fall.

PSALM 55:22



“And don’t be concerned about what to eat and what to drink. Don’t worry about such things.

These things dominate the thoughts of unbelievers all over the world, but your Father already knows your needs.

Seek the Kingdom of God above all else, and he will give you everything you need.”

LUKE 12:29-31

And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus.

PHILIPPIANS 4:19

But blessed are those who trust
in the Lord and have made the
Lord their hope and confidence.

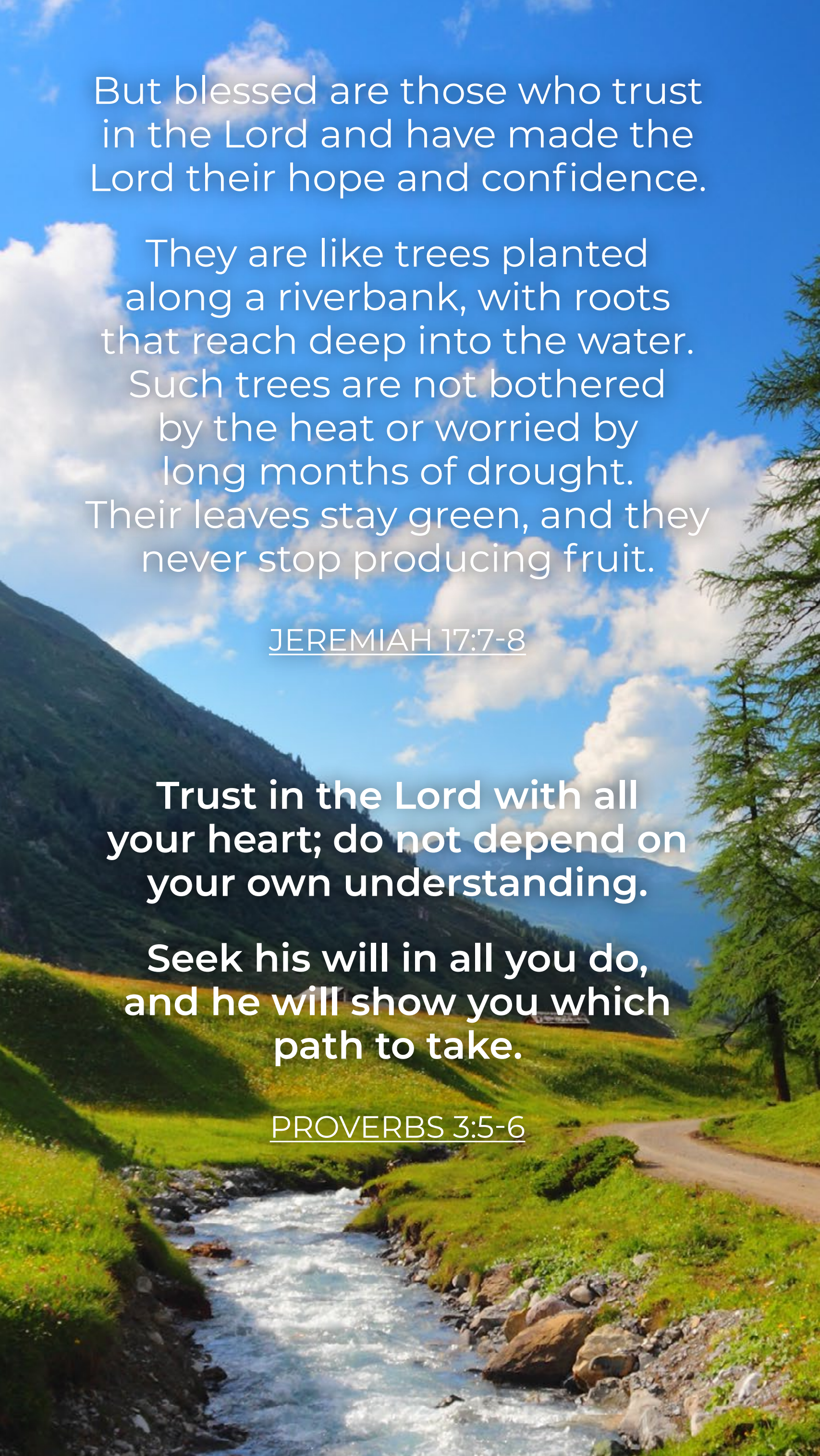
They are like trees planted
along a riverbank, with roots
that reach deep into the water.
Such trees are not bothered
by the heat or worried by
long months of drought.
Their leaves stay green, and they
never stop producing fruit.

JEREMIAH 17:7-8

**Trust in the Lord with all
your heart; do not depend on
your own understanding.**

**Seek his will in all you do,
and he will show you which
path to take.**

PROVERBS 3:5-6





— THREE —

THE GOD OF **PEACE**


Then Jesus said,
“Come to me, all of you
who are weary and carry
heavy burdens, and I
will give you rest.

Take my yoke
upon you. Let
me teach you,
because I am
humble and
gentle at
heart, **and
you will find
rest for your
souls.**

For my yoke is
easy to bear,
and the burden
I give you is
light.”

MATTHEW 11:28-30

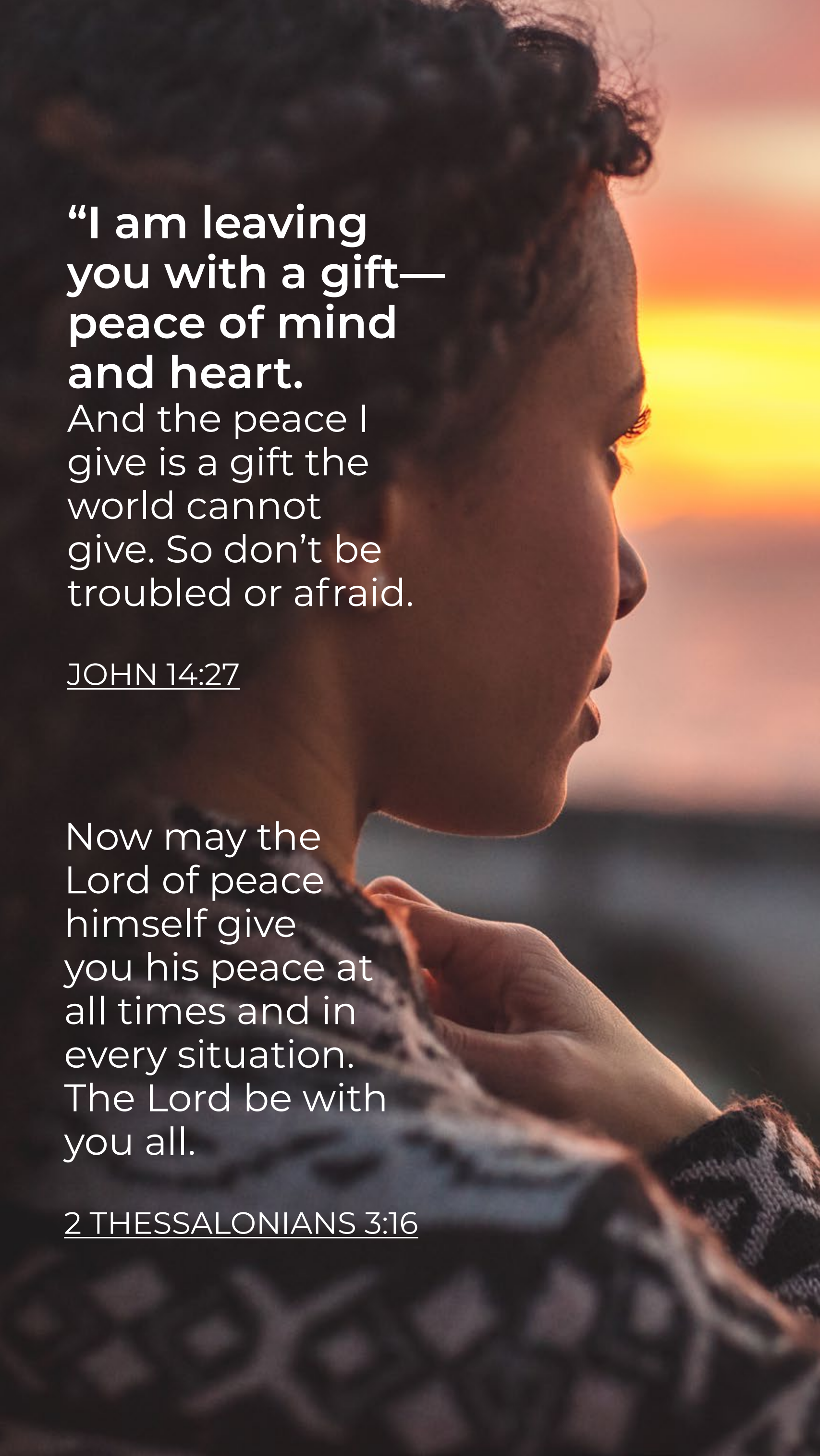


A close-up, vertical photograph of a person's hands clasped in prayer. The person is wearing a grey, textured knit sweater. The background is a warm, golden sunset or sunrise, with the sun low on the horizon, creating a strong lens flare and illuminating the scene with a soft, warm light. The person's face is partially visible in profile on the right side of the frame, looking down towards their hands.

Don't worry
about
anything;
instead,
pray about
everything.
Tell God what
you need, and
thank him
for all he has
done.

Then you will
experience
God's peace,
which exceeds
anything we can
understand. His
peace will guard
your hearts and
minds as you live
in Christ Jesus.

PHILIPPIANS 4:6-7

A woman with dark, curly hair is shown in profile, looking out towards a sunset. The sun is low on the horizon, creating a warm, orange glow. The background is a body of water, and the woman is wearing a dark, patterned garment.

**“I am leaving
you with a gift—
peace of mind
and heart.**

And the peace I
give is a gift the
world cannot
give. So don't be
troubled or afraid.

JOHN 14:27

Now may the
Lord of peace
himself give
you his peace at
all times and in
every situation.
The Lord be with
you all.

2 THESSALONIANS 3:16

**“Don’t let your
hearts be troubled.
Trust in God, and
trust also in me.**

There is more than
enough room in my
Father’s home. If this were
not so, would I have told
you that I am going to
prepare a place for you?

When everything is ready,
I will come and get you,
so that you will always be
with me where I am.

And you know the way to
where I am going.”

JOHN 14:1-4

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