

## Overcoming Anxiety (Part One)

Do you want to overcome anxiety?  
Let go of worldly values and embrace the values of simplicity.

1. Let go of your \_\_\_\_\_ by embracing His \_\_\_\_\_
  - a. Don't worry about your \_\_\_\_\_
  - b. Embrace the simplicity of the \_\_\_\_\_

### References

2. Let go of your \_\_\_\_\_ by embracing \_\_\_\_\_
  - a. Don't worry about your \_\_\_\_\_
  - b. Embrace the simplicity of the \_\_\_\_\_

### References:

3. Let go of your \_\_\_\_\_ by embracing \_\_\_\_\_
  - a. Don't worry about your \_\_\_\_\_
  - b. Embrace the simplicity of the \_\_\_\_\_

### References

#### Questions for thought or discussion from today's message:

What are things you worry about the most?

Think about those things. What is it that you are afraid of losing?

What does it mean to have "peace with God?" Why does this mean true security? (cf. Rom 5:1)

What are the things in your life that make you feel important or valuable?

How would you feel if you lost these things?

Are you comfortable with being called a "slave?" If you were to embrace this idea, what would change?

What are you counting on to provide for you when you can no longer work?

How much money would be enough to guarantee your future? Is there any secure investment?

How can you balance responsible planning with worry-free living?

What did you learn from this message?

What will you change?