

## NOT AFRAID—4

### WHEN ANXIETY ATTACKS

*Rejoice in the Lord always. I will say it again: Rejoice!*<sup>5</sup> *Let your gentleness be evident to all. The Lord is near.*<sup>6</sup> *Do not be anxious about anything ...* Philippians 4:4-6 NIV

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.*<sup>7</sup> *And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.* Philippians 4:6-7 NIV

- **What you feel is \_\_\_\_\_.**
- **What you want is \_\_\_\_\_.**
- \_\_\_\_\_ and \_\_\_\_\_ **are the pathway from panic to peace.**

*Cast all your anxiety on him because he cares for you.*<sup>8</sup> *Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.* 1 Peter 5:7-8 NIV

- **The devil's target is your \_\_\_\_\_.** His weapon is his \_\_\_\_\_.