

# **I'm Done Being Sick & Tired**

## **What Me, Worry? series**

### **by Chris Famisaran**

Philippians 4:4-7

1 Kings 19

How many of you feel burnt out?

We isolate ourselves.

Negativity consumes us.

Can you hear God?

Just breathe.

**Reflection:** What gives you stress and anxiety?

**Challenge:** When you find yourself stressed, take your concerns to the Lord and remember to breathe.