

Whispers in the Dark

What Me, Worry? Series week #2

by Bill Aumack

Anxiety isn't a Sin. It is a Signal.

Philippians 4:4-7

If it's big enough to worry about—It's big enough to pray about!

If it's on your mind—It's on God's heart!

1 Peter 5:6-7

The problem is that you aren't close to His hand!

You don't always have the power to control the cycle, but you always have the power to surrender!

Reflection: Are you close to His hand?

Challenge: Turn your anxiety over to God and leave it there.