

Sunday Morning Outline

"Dealing With Anxiety"

(Lesson 1)

1. _____ adults admit to struggling with anxiety.
2. We spend over _____ dollars a year treating anxiety.
3. Why are we anxious?
4. What is anxiety?
5. If you have anxiety you're _____.
6. Belief proceeds _____.
7. How do we change our response to anxiety?
8. Peace is found between the pillars of God's _____
and God's _____.
9. Anxiety increases as perceived control _____.
10. What we're anxious about most, often reveals _____.
11. What does the name Immanuel mean?

Extra notes: