

Sunday Morning Outline

"Dealing With Anxiety"

(Lesson 3)

1. Anxiety goes down as _____ goes up.
2. Anxiety is about a _____ that may or may not happen.
3. What are some of the benefits of being a thankful person?
4. One monk said, " _____ does not make you grateful. It is gratefulness that makes you _____."
5. What is the word for "gratitude" in the Greek language?
6. What are two root words that help make up the word "gratitude" in the Greek language?
7. Someone once said "As you go through life, make this your goal, look at the _____, not the _____."
8. Gratitude comes when we _____.
9. Whatever we have in Jesus Christ, is greater than anything _____.
10. What are some blessings we have in Christ?

Extra notes: