

Sunday Morning Outline
"Dealing With Anxiety"
(Lesson 4)

1. Arthur Roshe said "Anxiety is a thin stream of fear trickling through the
the
mind. If encouraged, it cuts a channel into which all other thoughts are
_____."
2. C. _____
A. _____
L. _____
M. _____
3. What is meditation?
4. If we can influence our thinking, we can influence
_____.
5. Two powerful words that can help:
6. One of the greatest gifts that God has given the human race is
_____.
7. One study showed that those who read the Bible _____
times or more a week, experienced significant life changes.
8. We can't just meditate on God's word, we have to

to it.

Extra notes: