

DO YOU KNOW THE G.O.S.P.E.L.?

REFLECTION QUESTIONS

Read **1 Peter 5:7**. What would it look like to cast your anxiety on God? How could that impact your mental health?

Share some of the situations or issues that you're currently facing that are causing anxiety. How could you and others pray over those things? Are you personally spending time "praying, pausing, and praising" over those things?

Talk about a time when you felt God with you in the midst of anxiety. What did praising Him look like? How could you praise Him this week?

GOD CREATED US TO BE WITH HIM.

(GENESIS 1-2)

OUR SINS SEPARATE US FROM GOD.

(GENESIS 3)

SINS CANNOT BE REMOVED BY GOOD DEEDS.

(GENESIS 4-MALACHI 4)

PAYING THE PRICE FOR SIN, JESUS DIED AND ROSE AGAIN.

(MATTHEW-LUKE)

EVERYONE WHO TRUSTS IN HIM ALONE HAS ETERNAL LIFE.

(JOHN)

LIFE WITH JESUS STARTS NOW AND LASTS FOREVER!

(ACTS-REVELATION)

PRAY

"JESUS, I REALIZE THAT I AM A SINNER.

I BELIEVE YOU ARE THE PERFECT SAVIOR.

I TRUST THAT YOU LOVE ME AND CAN HEAR MY PRAYER.

BY FAITH, I ASK YOU TO PLEASE FORGIVE ME AND FILL ME WITH THE HOLY SPIRIT.

NOTE: THESE ARE NOT MAGIC WORDS THAT SAVE YOU.
IT IS THROUGH TRUE FAITH IN JESUS THAT WE RECEIVE THIS GIFT.

**AND IF YOU SURRENDERED YOUR LIFE TO JESUS TODAY,
TELL SOMEONE BEFORE YOU GO! WE CELEBRATE YOU!**

RESTORE

WWW.MYRESTORE.CHURCH

HEAL MY ANXIOUS MIND

MEMORY VERSE: Philippians 4:4-6

4 ^pRejoice in the Lord always; again I will say, rejoice. 5 Let your reasonableness⁴ be known to everyone. ^qThe Lord is at hand; 6 ^rdo not be anxious about anything, ^sbut in everything by prayer and supplication ^twith thanksgiving let your requests be made known to God. ESV

**ANXIETY IS NOT ALWAYS A SIN;
IT'S OFTEN A _____**

ANXIETY IS A SIGNAL TO _____
(Philippians 4:4-6, 2 Chronicles 20:3, 1 Peter 5:7).

ANXIETY IS A SIGNAL TO _____
(2 Chronicles 20:12-13, Psalm 46:10)

ANXIETY IS A SIGNAL TO _____
(Philippians 4:4-6, 2 Chronicles 20:29-30)

MY NEXT STEP TODAY IS (WHAT IS THE WISE THING?):

**THE BIGGEST OBSTACLE BETWEEN ME AND LIVING OUT
THESE BIBLICAL TRUTHS FOR GOD'S GLORY IS:**

MY PRAYER IN RESPONSE TO TODAY'S STUDY:

RESTORE

WWW.MYRESTORE.CHURCH