

# Anxiety, God and Me

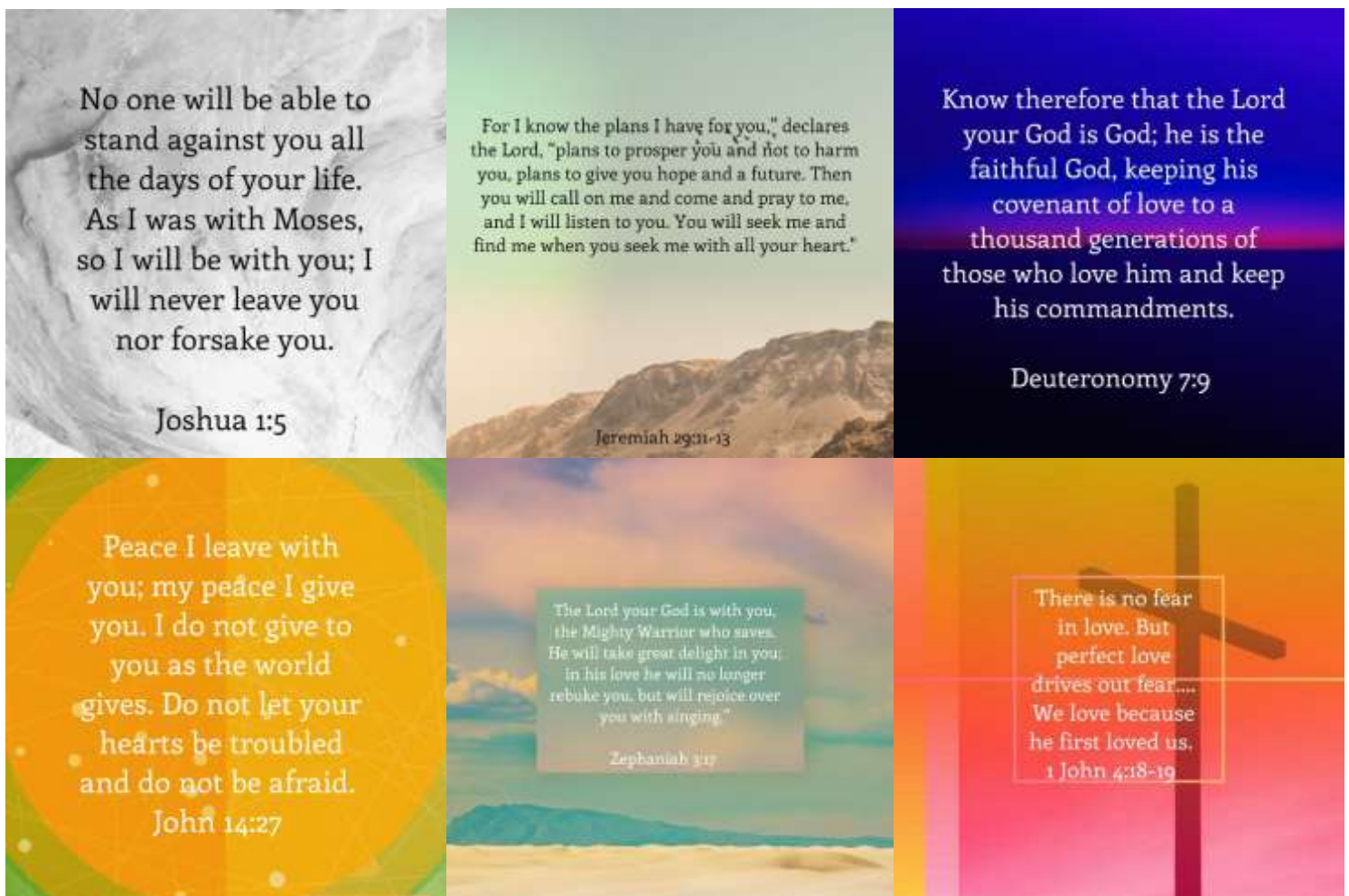
Burslem  Church

## Part 1.

*Perfect love drives out fear, the only way to be strong and overcome fear is by fastening ourselves to God, then we can be courageous.*

## 4 Practical things to do this week to work through fear:

### 1. Meditate on God's promises



### 2. Talk with someone you trust

I will arrange to talk with \_\_\_\_\_ on \_\_\_\_\_ at \_\_\_\_\_

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3. Write down the story you're telling yourself that is making you anxious. Then write down the story imagining that God was the author.

*The story I'm telling myself is.....*

*The story God is telling me.....*

4. When or where do you feel most loved by God? Try create time to be in that place.

*I feel most loved by God....*

*The time I'm going to create to be in this place is...*