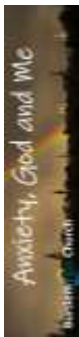


Dictionary definition of ANXIETY is:
a feeling of worry, nervousness, or unease about something with an uncertain outcome.



[Jesus said] *"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."*

John 14:27



When we are under pressure, exhausted, or feeling threatened, we revert to depending on the stories we tell ourselves rather than the story of God.

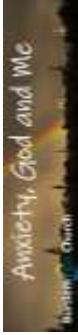
Steve Cuss

Pastor and Author of Managing Leadership Anxiety



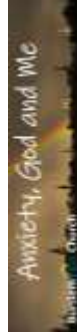
There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

1 John 4:18

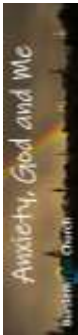


'Love and fear are incompatible.'

Howard Marshal,
Theologian



Joshua 1



Be strong and courageous...

Joshua 1:6

Be strong and courageous...

Joshua 1:7

...Be strong and courageous. Do not
be afraid...

Joshua 1:9



צַדִּיק (*cha-zak*) - to be or grow firm or
strong, strengthen. bind on or about, gird on.

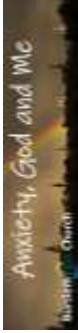
Be strong and courageous...

Joshua 1:6

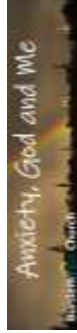


4 Practical things to do this week to work through fear and fasten yourself to God:

1. Meditate on His promises.
2. Talk with a trusted friend
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.
4. When or where do you feel most loved by God? Try create time to be in that place.



www.burslem.org.uk/AnxietyGodandMe



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.