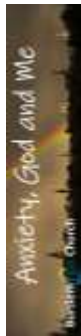


Photos were taken from <https://www.facebook.com/burslemnewlifechurch/> on 18/06/2021 at 10:56:45



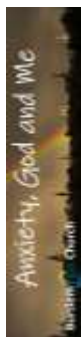
*'Be not angry that you cannot make others as you wish them to be, since you cannot make yourself as you wish to be.'*

**Thomas A Kempis**



*"'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbour as yourself.' All the Law and the Prophets hang on these two commandments."*

**Matthew 22:37-40**



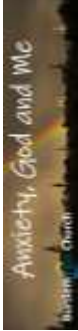
*'It is not love God, then love yourself, then love others; it is love God and love others as yourself. It is a command to give yourself away, to take your focus off yourself and to make others the focus of your life. There is a difference between loving yourself and being in love with yourself. When you have a relationship with God, you have a healthy sense of yourself.'*

**Erwin McManus**  
 Pastor and Author of 'Uprising'

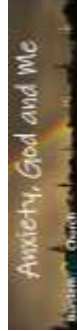


*We don't work for blessing; we work from blessing.'*

**Jon Tyson**  
 Pastor and author of 'The Burden is Light'



When helping people through anxiety: we don't work for love, we work from love.



**What should the love we show those who are anxious be:**

1. Love is patient
2. Love is Kind
3. Love is not proud
4. Love is not self-seeking
5. Love never gives up
6. Love is always hopeful
7. Love endures through every circumstance

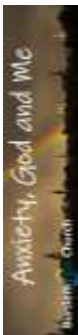


**3 Practical things for this week:**

1. Who do you know that is anxious at the moment that you can give some to time?
2. Have there been situations where people someone has been anxious, but you have not reacted with love? If yes, write you would like to react next time.
3. Write down a description of how you see yourself. Then right down a description of how you believe God sees you. Compare your two descriptions with what the Bible says, check out <https://www.fathersloveletter.com/> for help.



[www.burslem.org.uk/AnxietyGodandMe](http://www.burslem.org.uk/AnxietyGodandMe)



*“Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbour as yourself.’ All the Law and the Prophets hang on these two commandments.”*

**Matthew 22:37-40**