

HOW PEOPLE CHANGE  
**BATTLING ANXIETY**  
*Matthew 6:25-34*

1. We are \_\_\_\_\_ the \_\_\_\_\_.

2. We are \_\_\_\_\_ a heavy \_\_\_\_\_.

3. Our \_\_\_\_\_ are not \_\_\_\_\_.

**Big Idea:** \_\_\_\_\_ is sometimes really

\_\_\_\_\_.

4. A better \_\_\_\_\_.

a. Fear \_\_\_\_\_.

b. Confess \_\_\_\_\_.

c. Let \_\_\_\_\_ take your

\_\_\_\_\_.

d. Know you are \_\_\_\_\_.

e. \_\_\_\_\_ your

\_\_\_\_\_.

f. Stay \_\_\_\_\_.