

Jesus: *"I have told you these things, so that in Me you may have [perfect] peace and confidence. In the world you have tribulation and trials and distress and frustration; but be of good cheer [take courage; be confident, certain, undaunted]! For I have overcome the world. [I have deprived it of power to harm you and have conquered it for you.]"* John 16:33

David: *"I do not occupy myself with things too great and too marvelous for me."* Psalm 131:1

### God uses anxiety to . . .

1. Get our \_\_\_\_\_.

*I am glad . . . not because it hurt you but because the pain turned you to God.* 2 Corinthians 7:9 TLB

2. Help us reevaluate our \_\_\_\_\_.

*Sometimes it takes a painful experience to make us change our ways."* Proverbs 20:30 TEV

3. Draw us to \_\_\_\_\_.

*But in their distress they turned to the Lord, the God of Israel, and sought him, and he was found by them.* 2 Chronicles 15:4

*"In my distress I called to the Lord, and he answered me."* Jonah 2:2

*I sought the LORD, and he answered me; he delivered me from all my fears.* Psalm 34:4

4. \_\_\_\_\_ us.

*For the time being no discipline brings joy, but seems sad and painful; yet to those who have been trained by it, afterwards it yields the peaceful fruit of righteousness [right standing with God and a lifestyle and attitude that seeks conformity to God's will and purpose].* Hebrews 12:11 AMP

5. Strengthen our \_\_\_\_\_.

*Consider it nothing but joy, my brothers and sisters, whenever you fall into various trials. Be assured that the testing of your faith [through experience] produces endurance [leading to spiritual maturity, and inner peace]. And let endurance have its perfect result and do a thorough work, so that you may be perfect and completely developed [in your faith], lacking in nothing.* James 1:2-4 AMP

*For I am the LORD your God who takes hold of your right hand and says to you, do not fear; I will help you.* Isaiah 41:13

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