

**Chronic Anxiety**

- \_\_\_\_\_
- False \_\_\_\_\_
- False \_\_\_\_\_
- False \_\_\_\_\_

**Triggers of Chronic Anxiety**

- \_\_\_\_\_
- \_\_\_\_\_
- Having the \_\_\_\_\_
- \_\_\_\_\_ there for \_\_\_\_\_
- \_\_\_\_\_

*Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes. Matthew 6:34 MSG*

**Tools to Diffuse Anxiety**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

*This is how we know that we belong to the truth, and how our hearts are at rest in his presence: If our hearts condemn us, we know that God is greater than our hearts, and he knows everything. 1 John 3:19-20 NIV*

**Want to connect with God through the Scriptures and dig deeper into this week's message? Check out *The Daily* at [newpointe.org/daily](http://newpointe.org/daily).**