

Holding It Together
#3: When You Are Feeling Anxious (Part 2)

2. Practice short-term _____

- _____

1 Timothy 5:23 *Don't drink only water. You ought to drink a little wine for the sake of your stomach because you are sick so often.*

- _____

- *Exercise, sleep, and eat right*

- *Daily* _____

Psalms 94:18-19 *When I said, 'My foot is slipping, your love, O LORD, supported me. When my anxiety was great within me, your consolation brought joy to my soul.*

3. Focus on the _____

#1: How many _____ **and support do I have?**

Proverbs 3:5-6 *Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight.*

Isaiah 41:10 *Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand.*

Psalms 145:17-20 The LORD is righteous in all his ways and faithful in all he does.

¹⁸ The LORD is near to all who call on him, to all who call on him in truth.

¹⁹ He fulfills the desires of those who fear him; he hears their cry and saves them.

²⁰ The LORD watches over all who love him, but all the wicked he will destroy.

Resources

- Download the phone app: Mindshift
- Use Google to find an online counselor
- Start journaling about what is making you feel anxious
- Read about anxiety at www.psychologytoday.com and <https://livewellwithsharonmartin.com/>