

"I'm so stressed out" is a common refrain in our lives. The sum weight of responsibilities, activities, hurts, conflicts, and unknowns can become debilitating. What soothing balm of truth might God's word have for us regarding anxiety? Much to readily apply to our lives this morning! Come, let's listen & learn from God's Word!

Cultivate God's peace by keeping _____. (v1-3)

Cultivate God's peace by replacing _____ with _____. (v4-7)

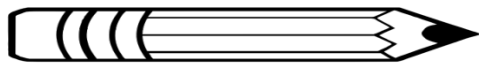
Cultivate God's peace by reflecting on God's _____. (v7-9)

Takeaway:

Digging Deeper: Anxiety: Matthew 6:25-34, 11:28-30, 1 Peter 5:7, Psalm 62:1-5
Next Lord's Day: Philippians 4:11-14

Sermon Notes FOR KIDS

Date: _____



As you attend church services with your family, use this sheet to help you pay attention and learn. We want you to worship with us by singing to God and listening to the message.



who is speaking?



words you heard but don't know...

what is the main passage we are reading today?

Book:

Chapter:

Verse:



Favorite song today was:

what are we learning about God from this passage?

write or draw something you heard in the sermon

Questions?

How does today's message apply to your life?

The most important thing you learned was: