

# Overcoming Anxiety

I CAST ALL OF MY ANXIETY ONTO GOD, BECAUSE  
HE CARES FOR ME.

*1 Peter 5:7*

I RELEASE ANXIETY, AND I RECEIVE PEACE.

*Matthew 16:19*

I WALK BY FAITH AND NOT BY SIGHT.

*2 Corinthians 5:7*

GOD WATCHES OVER ME, AND HE HEARS MY PRAYERS.

*1 Peter 3:12*

INSTEAD OF WORRYING, I PRAY ABOUT EVERYTHING, AND THANK  
GOD FOR THE GOOD THINGS HE HAS ALREADY DONE.

*Philippians 4:6*

GOD'S PEACE GUARDS MY HEART AND MIND.

*Philippians 4:7*

I FOCUS MY MIND ON GOD'S TRUTH AND THINGS THAT ARE  
WORTHY OF PRAISE.

*Philippians 4:8*

