## WELCOME TO HAVEN

Welcome

Worship Songs

"Mighty Warrior"

"No One Beside"

Scripture for Today

Mark 14:32-33 (NIV)

Prayer

Message

"Anxiety Relief"

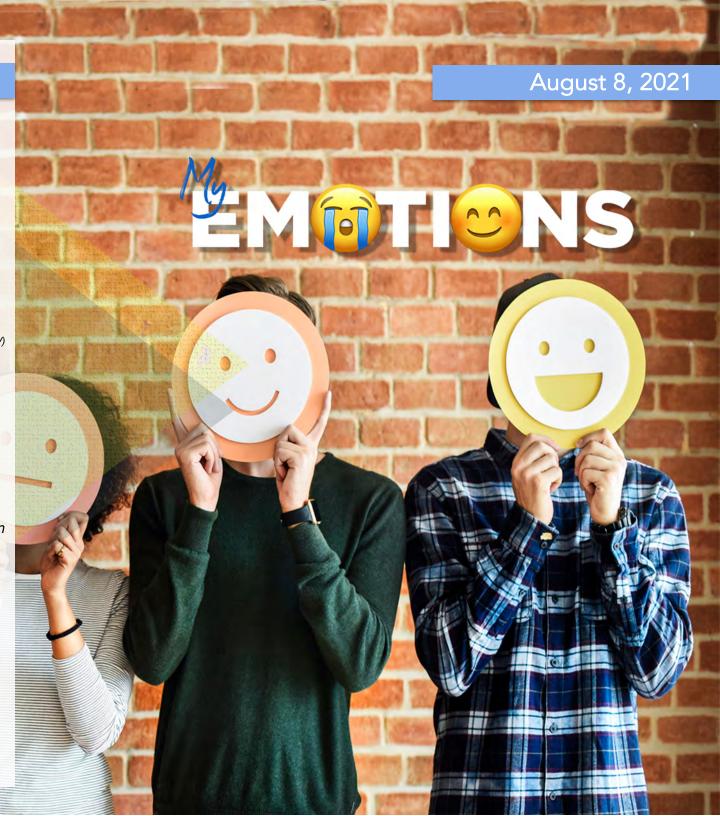
Jack D. Cohen

Worship Song

"Build My Life"

\*Closing







MY EMOTIONS **ANXIETY RELIEF** 

•	July 2019—	_% of adults showed signs of anxiety disorder
•	July 2020—	_% of adults showed signs of anxiety disorder
•	July 2021—	_% of adults showed signs of anxiety disorder

## FINDING ANXIETY RELIEF

1. Talk to your	
"They went to a place called Gethsemane, and <u>Jesus said to his disciples</u> , "Sit here while Peter, James and John along with him, and he began to be <u>deeply distressed and trouble</u>	
	– Mark 14:32-33
"He plunged into a sinkhole of dreadful agony."	Mark 14:33 (MSG)
"My soul is overwhelmed with sorrow to the point of death," he said to them. "Stay here a —	and keep watch." Mark 14:34 (MSG)

2. Talk to your	
Anxiety is a you that it's time to	
"Going a little farther, he fell to the ground and <u>prayed</u> that <u>if possible the hour might pass fror</u> 6 "Abba, Father," he said, "everything is possible for you. <u>Take this cup from me</u> " – N	<u>m him</u> . Mark 14:35-36
3. Talk to your	
"Abba, Father," he said, "everything is possible for you. Take this cup from me. Yet not what I you will."	will, but what – Mark 14:36
"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksg your requests to God. <sup>7</sup> And the peace of God, which transcends all understanding, will guard and your minds in Christ Jesus."" – Ph	