

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



August 8, 2021

My EMOTIONS



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 Jesus said to his disciples, "Sit here while I pray." ³³ He took Peter, James and John along with him, and he began to be deeply distressed and troubled"

– 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 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 prayed that if possible the hour might pass from him.
⁶ "Abba, Father," he said, "everything is possible for you. Take this cup from me. ..."*

– 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 will, but what you will."

– Mark 14:36

"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."⁸

– Philippians 4:6-7