

# TORNADO OF ANXIETY

I'm working harder and harder to control fear and all the circumstances

I'm starting to feel angry, alone and depressed...

Now I'm trying to control fear and more circumstances!

I'm having a physical reaction: FEAR!

This is out of my control!!!

So I'm trying to control it!!

I question His control

I'm doubting God's care...

**MATTHEW 6:25-34**

- Trust God
- Seek Him first

**I PETER 5:7-11**

- Cast your cares on Him
- Stand firm

**PHILIPPIANS 4:4-9**

- Talk to God
- Think right