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PASTOR BEN HAMMOND
www.eastlakebaptist.net

THREE MORE WAYS TO OVERCOME ANXIETY

📖 Proverbs 12:25; Philippians 4:6-7

The first three ways:

- Make yourself be thankful
- Engage in regular prayer
- Remember who is in control

CHANGE WHAT MAKES YOU FEEL _____

- You are a person made in the _____ of _____
- You are a person for whom _____

For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's. (I Corinthians 6:20)

God knows every _____ about you and still loves you.

In this is love, not that we loved God, but that He loved us and sent His Son to be the propitiation for our sins. (i John 4:10)

DO SOMETHING THAT _____

For to be carnally minded is death, but to be spiritually minded is life and peace. (Romans 8:6)

If God gives you a _____, He gives you a _____.

FOCUS ON THE (FAR OUT) _____

Revelation 21:1-4

One day, every problem you have will be _____.

Additional Notes