

**ANXIETY**

**Let Go  
and  
Let God?**





# The CURSE of ANXIETY

**It distorts reality**  
—Matt 6:27

**It robs confidence**  
—Matt 6:28-30

**It ruptures relationships**  
—Matt 6:24-25







**LET GO...**

**...of entitlement  
—Jer 10:23-24**

**...of worry  
—John 14:1-3, 27**





**LET GOD...**

**...comfort you**  
**—2 Cor 1:3-5**

**...focus you**  
**—Matt 6:33**  
**—Psa 32:1-5**  
**—Rom 12:18**





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