

**“Defeating Anxiety”**

Matthew 6:27 (ESV) - And which of you by being anxious can add a single hour to his span of life?

Philippians 4:4-7 (ESV) - Rejoice in the Lord always; again I will say, rejoice. 5 Let your reasonableness be known to everyone. The Lord is at hand; 6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Acts 16:22-26 (ESV) - The crowd joined in attacking them, and the magistrates tore the garments off them and gave orders to beat them with rods. 23 And when they had inflicted many blows upon them, they threw them into prison, ordering the jailer to keep them safely. 24 Having received this order, he put them into the inner prison and fastened their feet in the stocks. 25 About midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them, 26 and suddenly there was a great earthquake, so that the foundations of the prison were shaken. And immediately all the doors were opened, and everyone's bonds were unfastened.

**1. \_\_\_\_\_**

1 Peter 5:6-7 (ESV) – Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, 7 casting all your anxieties on him, because he cares for you.

**2. Practice \_\_\_\_\_**

Psalms 34:1-4 (ESV) - I will bless the Lord at all times; his praise shall continually be in my mouth. 2 My soul makes its boast in the Lord; let the humble hear and be glad. 3 Oh, magnify the Lord with me, and let us exalt his name together! 4 I sought the Lord, and he answered me and delivered me from all my fears.

**3. Change your \_\_\_\_\_**

Philippians 4:8-9 (ESV) - 8 Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things...and the God of peace will be with you.

Psalms 16:11 (ESV) - You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.

Romans 15:13 (ESV) - May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.

## Info Guide

### Welcome

We're glad you're here! This Info Guide will help you learn how to get connected at Manna and share what is available to you at the service today. We hope you feel at home and enjoy your time with us.

### What to Expect

During today's worship experience, you can expect about a 70-minute service. It will begin with approximately 20-25 minutes of worship, then a brief time of announcements, followed by a 35-minute biblical and practical message delivered by our Pastor, and we will conclude our time together with another short time of worship.

### NextStep

If you want to learn what Manna Church is passionate about, where we are going, and how you can be a part of this adventure, then NextStep is for you. It is a 4-week small group that meets the first four Sundays of every month. Childcare is provided and you can learn the times and locations at the info center in the lobby. We would love for you to take this step!

### CONNECTION CARD

If you're a first-time guest, we would love for you to fill out a connection card. No one is planning to call you or come by your house—we just want to thank you for joining us today and to let you know what is available to you here at Manna.

### Manna Kids

We promise a clean and safe environment where children can experience and enjoy the love of Jesus. The Nursery/Preschool experience is available for kids 6 weeks through Kindergarten and the Elementary experience is for children in 1st through 5th grade. We would love to have your child join us!

### Manna Students

If you are 6<sup>th</sup> to 12<sup>th</sup> grade, come join Manna Students on Tuesday from 6 p.m. to 8 p.m. at the Manna Church Offices! We meet every week during the small group cycle for games, worship, biblical teachings, and small groups! We hope you join us!

### FREE GIFT

If it is your first time with us, we have a gift available for you in the lobby at the end of service. We simply want to give you a gift to thank you for being with us today!

### Counseling Resources:

