



a. *Anxiety is rooted in trying to care by myself about things only God can do.* ||Allister Begg

b. God's provides mercy for what we need Lamentations 3:22-24

c. Write Gods word on your heart

4. **Look to Jesus the author and perfecter of our faith.** Heb 12:2

a. Jesus knew fear, yet he did not sin

b. Christians are the only people in the world who do not need to be afraid.