

3 Truths for an Anxious Heart

Highlights from Anxious- Scarlet Hiltibidal

Date: June 16, 2022

Teacher: Taylor Gibson

1. What you _____ matters.

- Jonah 1 - 4

Where are your eyes fixed?

- Colossians 3:2

Do you do well to be angry?

- Job 1:21
- Romans 1: 21-22

2. What you _____ matters.

- Exodus 13:21 - 14:2, 14; 10-20

3. What you _____ matters.

- Romans 1:24-25

Where does your trust lie?

- "We can get so caught up fearing the bad stuff of this life when we forget that we have a prize that can't be taken from us. We think if we cling to the things we love in life, we'll save them. But the opposite is actually true."
- Anxious, Scarlet Hiltibidal page 146-147

Are you resting in the peace of Christ?

- Genesis 1:2
- Genesis 8:1
- Job 33:4

What are you consuming?

- Philippians 1:6
- Matthew 5:48
- Philippians 3:12-14

Notes

Luke 6:45 "A good person produces good out of the good stored up in his heart. An evil person produces evil out of the evil stored up in his heart, for his mouth speaks from the overflow of the heart."