



you asked for it

how to deal with anxiety and stress

DR. BENNY TATE

Philippians 4:6-8

1. _____.
2. _____.
3. _____.
4. _____.
5. _____.

Five Steps:

1. Refuse to worry about _____.
 - A. _____.
 - B. _____.
 - C. Lack of _____.
2. Talk to God about _____.
3. Thank God in _____.
4. Think about _____ things.
5. Be content with _____.