

Experiencing ANXIETY? There is HOPE.

A Message Series for June 2024

NOTE: If fear and anxiety is interfering with your daily life, please talk to your healthcare provider. If anxiety is keeping you from doing that, talk to someone who cares about you and will help you take those steps. As always, you may call or text 988 or chat 988lifeline.org for yourself or if you are worried about a loved one; or talk to Pastor Kyle.

If you would like to be a part of Saron's Mental Health Ministry, please email info@saron.org or talk to Pastor Kyle.

June 30, 2024 -- *A Certain Future in Jesus*

[For before the Sermon]

Do you tend to see your life in a more glass half full or glass half empty perspective? _____.

[During the Message]

From last week, anxiety is like a _____.

When you hear its warning, let it signal to you to _____ of control, _____ in the right direction, and _____ from Jesus.

From Jude 1:24, we hear that _____ to keep

you from _____ and to _____ before his glorious presence without _____ and with _____.

Yes, the future is _____, but also the future is _____!

So...

1. What can you know?

2. What can you do?

3. What can you have?

Resources: *Putting an X through Anxiety*, by Louie Giglio
Unwinding Anxiety, by Judson Brewer