



AT HOME

Help with Fear and Anxiety

STUDY

Read these Scriptures to see what God says:

[Psalm 91](#)

[Isaiah 26:3](#)

[2 Timothy 1:7](#)

[Philippians 4:6-7](#)

[Matthew 6:24-34](#)

LISTEN

Listen and engage in this worship moment to prepare your heart:



[Gateway Worship Set | March 25, 2020](#)

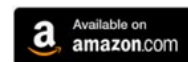
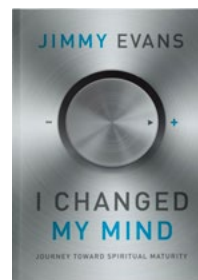
WRITE

Answer:

1. What is an area in my life that the Lord is needing to heal?
2. What lie(s) have I believed about myself?
3. What is the Holy Spirit saying to me concerning fear or anxiety?

READ

Read this book to go deeper in dealing with this issue (click to order):



WATCH

Watch these sermon moments to hear what a pastor says:



[Pastor Mallory Bassham | March 12, 2020](#)



[Pastor Jan Greenwood | March 13, 2020](#)



[Pastor David Thompson | March 14, 2020](#)