



# 5 Simple Steps to Stop Anxiety

## PAUSE

*You've Got This*

Halt the relentless pace, pause; take a deep breath. Take a moment to stop and look around. Choose to take control of your time and emotions by simply taking a pause.

**Psalm 37:7**

*Be still before the LORD and wait patiently for him*

**Exodus 14:4**

*The Lord will fight for you; you need only to be still.*

## POWER DOWN

*Give It To Him*

Where are you expending energy that is unnecessary? Your energy and effort are precious – allocate it where YOU want to invest it – don't give your power to things that aren't priorities to you. Turn off your phone. Not silenced – all the way off. Just for a few minutes. Ask God to help you let go of things that aren't your responsibility.

**Romans 8:6**

*To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.*

**Philippians 2:12-13**

*Continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act in order to fulfill his good purpose.*

**Ephesians 3:16**

*I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being.*

## PRAY

*He's Got This*

Go to the Source of all wisdom, guidance and strength. The source of all comfort, peace, and joy. As you look around, ask Him to give you eyes to see what is necessary. Ask for wisdom.

**James 1:5**

*If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.*

**Philippians 4:6**

*Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.*

**Colossians 3:2**

*Set your minds on things above, not on earthly things.*

# PRIORITIZE

*Depend On Him*

Decide what your 'must do's' are. Schedule these. Stick to the schedule. Ask for strength and self-discipline to follow through.

**Matthew 6:33**

*But seek first his kingdom and his righteousness, and all these things will be given to you as well.*

**Ephesians 4:7**

*Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds.*

**Luke 10:42**

*But few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."*

# PRAISE

*Leave It All With Him*

You are not in this alone! You are loved, and your life has meaning and purpose. Thank God for all He has provided for you.

**Jeremiah 29:11**

*For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future.*

**Matthew 28:20**

*"And surely I am with you always, to the very end of the age."*

**Philippians 4:4**

*Rejoice in the Lord always. I will say it again: Rejoice!*