



FAITH AND **Anxiety**

Elijah's Story **1 Kings 19**

We all have different experiences with worry, fear, and anxiety. Whether you experience moments of worry throughout your day, are diagnosed with anxiety, or anywhere in between... you aren't alone. In Elijah's story, the most powerful truth was that God was with him even on his darkest days. This is true for you too.

The purpose of these questions are to help you create space to notice how God is meeting you right where you are. Our staff is here to walk alongside of you, pray with you, and remind you of God's healing, peace, and love.

How is God meeting you in your anxiety?

God provides & strengthens.

How is God meeting your physical needs?
Who has God put in your life to meet those needs?

God speaks to you

Where is your specific, sacred place?

Which fruit of the Spirit do you notice in your life, and where do you see it?

God gives you purpose

Who or where can you serve?

Who in the next generation can you partner with? Write their name.