

The Renewed Life

**Key 8: Learn How to Manage
Your Anxiety & Stress
1 Peter 5:7**



THE BACKGROUND:

WHAT IT MEANS TO "CAST ALL OUR ANXIETY ON GOD":

1. To "cast our anxiety" means to _____
_____ to Him

2. To "cast ALL our anxiety" is a reminder that _____

3. We do this _____ that He cares for us

KEY 8: MANAGING ANXIETY AND STRESS - We pay attention to our needs and limits as human beings. We work to create a life that is amazing and exciting, but also sustainable ... a life we don't feel the need to escape from.

PRACTICAL APPLICATION: A SPECIFIC ROUTINE:

1. Stop _____

2. Never _____

3. Have a _____

- Take your list, and _____

- Make a plan _____

- Turn over _____