



**OVER  
WHELMED**

# OVERWHELMED BY ANXIETY



Philippians 4:4-7

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1. If you need peace,  
celebrate Jesus again and again.

**(vs. 4)**

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2. If you need peace,  
then be a peacemaker yourself.

**(vs. 5)**

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3. If you need peace,  
tell God about your troubles.  
(vs. 6)

Philippians 4:4-7