



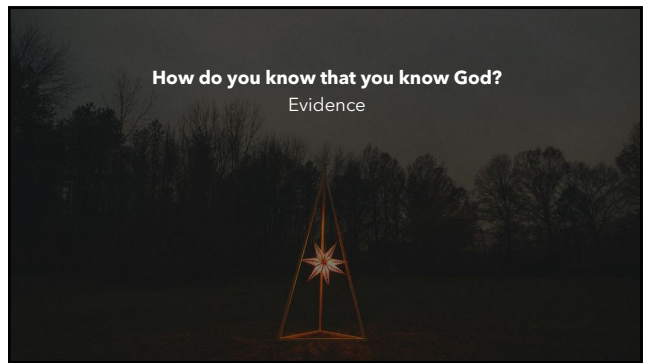
DO YOU HEAR?



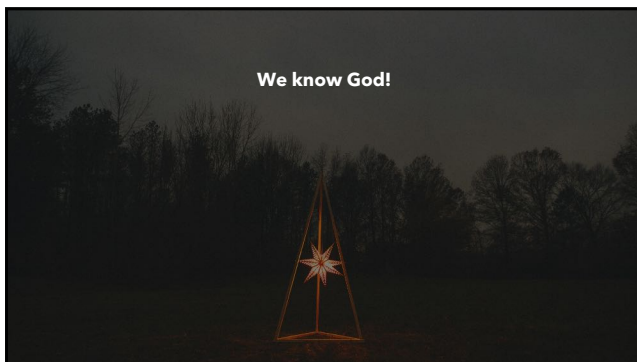
Do you know God?



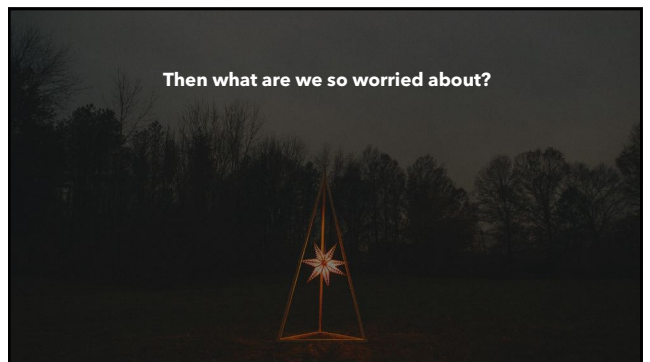
How do you know that you know God?



How do you know that you know God?
Evidence



We know God!



Then what are we so worried about?

The American population is the 7th most stressed out population in the world



In 2018, stress in America reached a 10 year high



65% of Americans ages 15-49 say
They experience stress daily



70% of Americans feel "extreme stress"
during the holiday season



45% of Americans would prefer to skip Christmas



We know God!



Philippians 4:6-7 (NLT)

⁶ **Don't worry** about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷ Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.



Matthew 6:25-33 (NLT)

²⁵ "That is why I tell you **not to worry** about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? ²⁶ Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? ²⁷ Can all your **worries** add a single moment to your life?"



²⁸ "And **why worry** about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, ²⁹ yet Solomon in all his glory was not dressed as beautifully as they are. ³⁰ And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?"



³¹ "So **don't worry** about these things, saying, 'What will we eat? What will we drink? What will we wear?' ³² These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. ³³ Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need."



How do we fight the worry in our life?



How do we fight the worry in our life

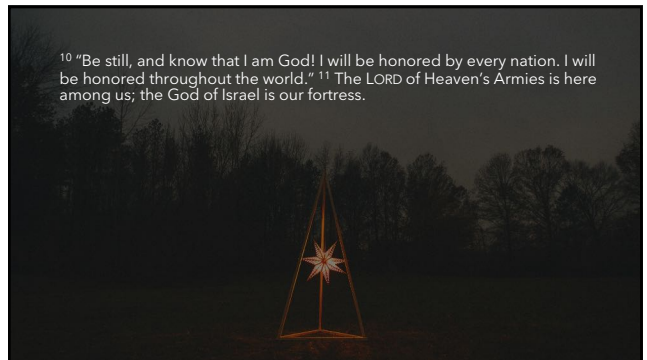
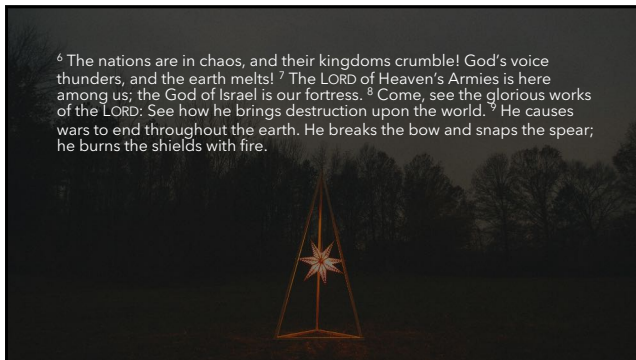
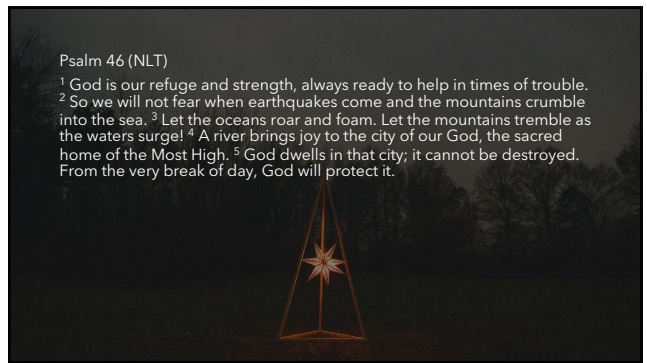
Philippians 4:6a (NLT)

⁶ **Don't worry** about anything; **instead, pray** about everything. Tell God what you need, and thank him for all he has done.

Matthew 6:31a, 33a (NLT)

³¹ "So **don't worry** about these things.... ³³ **Seek the Kingdom of God** above all else..."





Do you know God?



Be Still
Remind yourself that you know God!



DO YOU HEAR?

