

SLOW DOWN

&

LOOK UP

**Persistent anxiety robs us of joy,
hinders prayer, and infiltrates your
mind with bad thoughts about you
and ultimately, suffocates peace.**

**SLOW DOWN
LOOK UP**

PHILIPPIANS

4:4-9 ESV

**SLOW DOWN
LOOK UP**

**Anxiety will limit your
ability **to seek God's peace**
and increase your ability to
try and work around Him.**

**SLOW DOWN
LOOK UP**

REJOICE IN THE LORD

Philippians 4:4

Rejoice in the Lord always;
again, I will say, rejoice

**SLOW DOWN
LOOK UP**

**The Lord who made heaven and earth (Psalm
121:1-2)**

**The Lord who gracious and merciful, slow to
anger and abounding in steadfast love (Psalm
145:8-9)**

The Lord who keeps his promise (Deut 6:10-12)

**The Lord who is the God of peace that dominates
the anxiety from the world (Phil 4:9)**

**SLOW DOWN
LOOK UP**

PRAY ABOUT EVERYTHING

Philippians 4:6-7

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

**SLOW DOWN
LOOK UP**

-Do not be **anxious about anything,**
-but in everything by **prayer and supplication**
-with **thanksgiving**
-let your **requests be made known unto God.**
-And the **peace of God,**
-which **surpasses all understanding,**
-will **guard your hearts and your minds in Christ Jesus.**



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LOOK UP**

-Do not be **anxious about anything,**
-but in everything by **prayer and supplication**
-with **thanksgiving**
-let your **requests be made known unto God.**
-And the **peace of God,**
-which **surpasses all understanding,**
-will **guard your hearts and your minds in Christ Jesus.**



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MEDITATE ON THE THINGS OF GOD

Philippians 4:8-9

**...whatever is true, whatever is honorable,
whatever is just, whatever is pure, whatever is
lovely, whatever is commendable, if there is
any excellence, if there is anything worthy of
praise, think about these things.**

**SLOW DOWN
LOOK UP**

THINK ON THESE THINGS

TRUE

HONORABLE

JUST

PURE

LOVELY

COMMENDABLE

EXCELLENT

WORTHY OF A PRAISE

**SLOW DOWN
LOOK UP**

THINK ON THESE THINGS

TRUE/LIE

HONORABLE/SHAMEFUL

JUST/SINFUL

PURE/DAMAGED

LOVELY/HATRED

COMMENDABLE/DISAPPOINTED

EXCELLENT/MEDIOCRISY

WORTHY OF A PRAISE/I'M NOT GOOD ENOUGH

**SLOW DOWN
LOOK UP**

MAKE ROOM
FOR NEW EMOTIONS.

Disney • PIXAR
**INSIDE
OUT 2**

YAY! DISNEY PRESENTS A PIXAR ANIMATION STUDIOS FILM "INSIDE OUT 2" BY MAURISSA HORWITZ
ANIMATED BY DOWI ANDERSON EVAN BONIFACIO MICHAEL VENTURINI SUPERVISOR JOHN HOFFMAN PRODUCED BY JASON DEAMER
WRITTEN BY SUDEEP RANGASWAMY PHOTOGRAPHY BY ADAM HABIB JONATHAN PYTKO EDITED BY ANDREA DATZMAN EXECUTIVE PRODUCERS PETE DOCTER JONAS RIVERA DAN SCANLON
PRODUCED BY MARK NIELSEN, p.g.a. ONLY IN THEATERS JUNE 14 DIRECTED BY KELSEY MANN

**SLOW DOWN
LOOK UP**

Anxiety VS. Peace

- Robs us of joy,
- Hinders our prayer life
- Infiltrates your mind with bad thoughts about you.

- Rejoice in Jesus always,
- Pray about everything,
- Meditate on the things of Him (8 things)

**SLOW DOWN
LOOK UP**

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&

LOOK UP