***Series: Upgrades***

***From Anxiety to Security***

Ronnie Norman, Senior Minister

Anxiety Is The Natural Human Reaction To Fear.

***Mark 4:35-41***

*35That day when evening came, he said to his disciples, “Let us go over to the other side.” 36Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him.*

*37A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. 38Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, “Teacher, don’t you care if we drown?”*

*39He got up, rebuked the wind and said to the waves, “Quiet! Be still!” Then the wind died down and it was completely calm.*

*40He said to his disciples, “Why are you so afraid? Do you still have no faith?”*

*41They were terrified and asked each other, “Who is this? Even the wind and the waves obey him!”*

If Only

***Romans 5:1-2***

*Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, 2through whom we have gained access by faith into this grace in which we now stand.*

What If

* Taming Anxiety Doesn’t Mean You Don’t Plan
* Taming Anxiety Doesn’t Mean You Don’t Care

I’m Not

Jesus Is In Our Boat!

***Philippians 4:6-7***

*6Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

**Resources from Shane Gage**

1. **Celebrate Recovery**.  Every Friday Night. Contact Shane at 281.740.4959

2. **Houston Center for Christian Counseling** has several therapists on staff that specialize in anxiety and depression.  Here's that specific link to that specific list of counselors: <https://christiancounselinghouston.com/category/anxiety-depression/>

3. Here is a great **podcast episode from Family Life today** <https://www.familylife.com/podcast/familylife-today/easing-anxiety-like-1-2-3/> .  (You can listen to the podcast, or read the transcript, too.)

4. Here are **two helpful articles**:

<https://www.focusonthefamily.com/get-help/anxiety-disorders-ai-frequently-asked-questions/>

<https://www.crosswalk.com/special-coverage/depression-suicide/inspiring-habits-for-christians-with-anxiety-disorders.html>