

# ANXIETY

"Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, shall guard your hearts and minds in Christ Jesus."

PHILIPPIANS 4:6-7, NASB

Anxiety in America is as common as the cold! Technological advances make it hard for some of us to keep up, the explosion of information makes us instantly aware of what is happening around the world, and there is always concern over issues in our personal lives and the lives of those we love.

Some of us are anxious because of personal experience; some of us have learned to be anxious because that was modeled to us in early significant relationships. Growing up exposes us to change we cannot comprehend, conflict we'd rather avoid, and threats, real and imagined, that seem ready to attack us at every turn. On top of these, we struggle with unmet needs and, at times, recognize that our anxiety is occasioned by our sin (Psalm 38:18)!

Anxiety is a real issue...with real consequences (Physical ailments, psychological consequences, defensive actions and diminished spiritual growth). BUT, there is hope of change and of bringing the peace of God to bear upon whatever form of anxiety you may be experiencing.

The Care Ministry of the Bridge is here to help you in your struggle with anxiety. Trained lay and professional counselors will walk you through this struggle sharing appropriate Scripture (Matthew 6:19-34; Philippians 4:4-9; 1 Peter 5:7, among others), praying with you, and listening to you with a heart of compassion. Please feel free to call us to set up an appointment or email us and we will promptly respond to your inquiry with grace, discretion and the help of our Great God and King, Jesus!

*We're here to help! Give us a call or email us at [care@thebridgersm.com](mailto:care@thebridgersm.com) and we will make connection with you as soon as possible! God bless you!*



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