

November 3, 2024
THE CURRICULUM
“Anxious Generation”
Matthew 6:25-34
Ryan Paulson, Lead Pastor

When **anxiety rises**, hold firmly to **God’s faithfulness**.

- Realize that you are **dependent**.
- Observe that God is **dependable**.
- Recognize that **anxiety is unproductive**.
- Believe that you have **immense value**.

Put it into practice:

1. **Put down your phone**
2. **Breathe**
3. **Practice gratitude**
4. **Be gentle with yourself**

Kingdom pursuit puts life in the **right perspective**.