

C.A.L.M. IN THE CHAOS | Refocus and Reflect

Kip McCormick | April 28-29, 2018

Where your _____ is your _____ will follow.
(*Philippians 4:6-8*)

C.A.L.M.

1. **Celebrate** God's goodness.
2. **Ask** God for help.
3. **Leave** your concerns with Him.
4. **M:** _____ on good things.

It's all about _____.

The presence of _____ is directly related to the absence of _____.
(*Philippians 4:8; Colossians 1:15-17*)

"Whatever" is _____.
(*John 1:1,14*)

Anxiety **can be** an _____ issue.
Anxiety **can be** a _____ issue.
Anxiety **is** a _____ issue.

Challenge: _____ and _____.



CHANGING YOUR MIND (Romans 12:2)

"I prayed to the LORD, and he answered me. He freed me from all my fears. (Psalm 34:4)