

THE TRANQUILI-TREE

WHAT'S GOT YOU ANXIOUS?

CELEBRATE GOD

*Rejoice in the Lord always.
Again I will say, rejoice!* Phil. 4:4

Is God sovereign over
this circumstance?

Is God's grace greater
than my sin?

ASK FOR HELP

*...let your requests be made
known unto God.* Phil. 4:6

Pray specific prayers.

Pray promise-based prayers.

LEAVE IT WITH HIM

*...the peace of God, which
surpasses all understanding,
will guard your hearts and
minds through Christ Jesus.*

Phil. 4:7

MEDITATE ON GOOD THINGS

*Finally, brethren, whatever
things are true, whatever
things are noble, whatever
things are just, whatever things
are pure, whatever things are
lovely, whatever things are of
good report, if there is any
virtue and if there is anything
praiseworthy—meditate on
these things.* Phil. 4:8

C.A.L.M.

Celebrate. Ask. Leave. Meditate.

*Be careful. Keep calm.
And don't worry.* Isaiah 7:4

PHILIPPIANS 4:4-8

Rejoice in the Lord always. Again I will say, rejoice!

Let your gentleness be known to all men. The Lord is at hand.

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 understanding, will guard your hearts and minds through Christ Jesus.

Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.

BE ANXIOUS FOR NOTHING

- Anxiety comes with life. But anxiety needn't run your life.
 - Anxiety decreases as our understanding of the Lord increases.
 - The path to peace is paved with prayer.
 - You can't run the world, but you can entrust it to God.
 - Guilt sucks the life out of our souls. Grace restores it.
 - Put the past in the past and move into the future.
 - There is never a moment in which you face life without help. God is near.
 - Define the burden and present it to Jesus.
 - Find a promise of God and build your prayer around it.
 - Treat each anxious thought with a grateful one.
 - Anxiety triggers either prayer or despair—choose carefully.
 - When you gave your life to God, he took responsibility for you.
 - Just because you have a thought, you don't have to think it.
 - Healing begins with healthy thinking.
 - Your problem is not your problem; it is the way you look at it.
 - Life comes with lemons. But we don't have to suck on them.
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