

Sunday, January 17, 2016

“The Spiritual Discipline of Anxiety Free Living”

Third in the Series, “Spiritual Practices: Ancient Paths to Freedom and Joy”

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Practical Suggestions for Spiritual Disciplines towards Anxiety Free Life.

1. Define clearly what money will do for you.
 - You **HAVE** to be able to push the **OFF** button.
 - Be content with what you have.
 - “I will never leave you or forsake you.”
2. Make ‘God is my helper’ your foundational building block in life.
 - Live by New Covenant.
 - Memorialize God’s goodness.

Scripture:

Hebrews 13:5-7 (NRSV)

⁵ Keep your lives free from the love of money, and be content with what you have; for he has said, “I will never leave you or forsake you.” ⁶ So we can say with confidence, “The Lord is my helper; I will not be afraid. What can anyone do to me?”

Jeremiah 32:40 (NIV)

I will make an everlasting covenant with them: I will never stop doing good to them.