

Mark 4:35-40 | Matthew 6:24 | Acts 4:5-13, 29-31

When the people around you experience anxiety how do they experience you?

How does Jesus teach people to handle their anxious world?

Being a peaceful presence starts with who you put in charge.

Cultures solution to humanities anxiety:

- Independence
- Personal Progress
- External Change

Christ's solution to humanity's anxiety:

- Dependence
- Spiritual Practice
- Internal Change

Prioritizing the presence of Jesus privately grows a peaceful presence publicly.

How do you need to prioritize the presence of Jesus?

Here's some options:

- Prayer
- Meditating (actively thinking about) Scripture
- Silence and Solitude
- Worship
- Fasting

Notes:
