

**ROCK CREEK  
FILL THE  
SHELVES  
FOOD DRIVE**

**COME HELP US  
FILL THE SHELVES OF  
OUR FOOD BANK  
SUNDAY, MARCH 15<sup>TH</sup>!**

**TEXT "FOOD" TO 501-214-7711  
TO GET THE LIST SENT TO YOUR PHONE!**

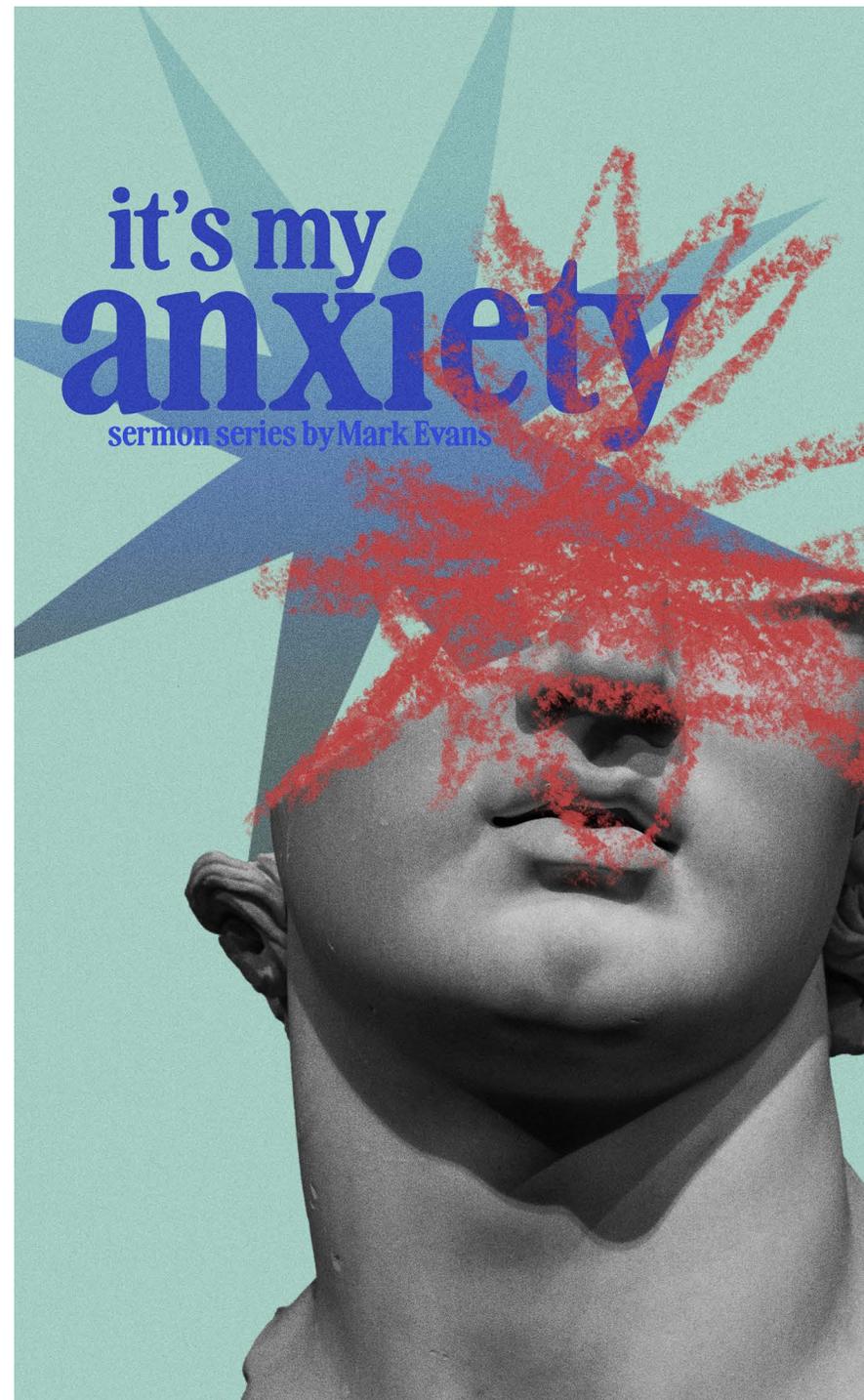
**SHOPPING  
LIST**

- Canned Vegetables
- Mac n Cheese
- Canned Meals  
(soup, chili, ravioli, etc)
- Peanut Butter
- Pasta Noodles
- Pasta Sauce  
(cans or plastic jars)
- Breakfast Bars / PopTarts

**IF THIS IS YOUR  
FIRST TIME  
...THANKS FOR JOINING US!**

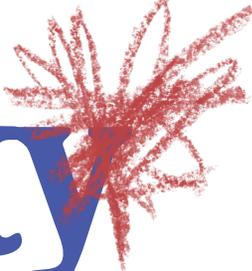
**WE WOULD LOVE TO MEET YOU! STOP AND MEET A PASTOR  
TO THE RIGHT OF THE STAGE AFTER THE SERVICE.**

**SCAN  
THE CODE  
FOR A LIST OF  
IMPORTANT  
ROCK CREEK LINKS!**



# it's my. anxiety

sermon series by mark evans



## How to Stay Calm with Life Isn't

MARK 4:35-41

### 1. CALM BEGINS WITH \_\_\_\_\_ IN GOD'S GUIDANCE

*That day when evening came, he said to his disciples,  
"Let us go over to the other side." Mark 4:35*

**ANXIETY ANSWER:**  
START WITH WHAT GOD HAS \_\_\_\_\_

### 2. MY ANXIETY WILL CAUSE ME TO \_\_\_\_\_

*Leaving the crowd behind, they took him along, just as he was, in the boat.  
There were also other boats with him. 37 A furious squall came up,  
and the waves broke over the boat, so that it was nearly swamped.  
Mark 4:36-37*

*The disciples woke him and said to him, "Teacher, don't you care if we drown?"  
Mark 4:38b*

**ANXIETY ANSWER:**  
SEPARATE \_\_\_\_\_ FROM \_\_\_\_\_

### 3. \_\_\_\_\_ MY BODY HELPS ME TO \_\_\_\_\_ MY THOUGHTS

*Jesus was in the stern, sleeping on a cushion. Mark 4:38a*

**ANXIETY ANSWER:**  
AN ANXIOUS \_\_\_\_\_ FUELS AN  
ANXIOUS \_\_\_\_\_

### 4. I NEED TO \_\_\_\_\_ PEACE BEFORE I WILL \_\_\_\_\_ PEACE

*He got up, rebuked the wind and said to the waves, "Quiet! Be still!"  
Then the wind died down and it was completely calm. Mark 4:39*

**ANXIETY ANSWER:**  
DON'T SPIRAL \_\_\_\_\_

### 5. THE STORM ON THE \_\_\_\_\_ WILL REVEAL MY STORM ON THE \_\_\_\_\_.

*He said to his disciples, "Why are you so afraid? Do you still have no faith?"  
41 They were terrified and asked each other, "Who is this?  
Even the wind and the waves obey him!" Mark 4:40-41*

**ANXIETY ANSWER:**  
THE GOAL IS TO HAVE \_\_\_\_\_