



TAKE HEART

33 "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

John 16:33 (NIV 2011)

33 "I have told you these things, so that in me you may have **peace**. In this world you will have trouble. But take heart! I have overcome the world."

John 16:33 (NIV 2011)

Shalom = Whole, Complete





33 "I have told you these things, **so that in me you may have peace.** In this world you will have trouble. But take heart! I have overcome the world."

John 16:33 (NIV 2011)

¹³ "My people have committed two sins:
They have forsaken me,
the spring of living water,
and have dug their own cisterns,
broken cisterns that cannot hold water.

Jeremiah 2:13 (NIV 2011)

Anxiety = An overwhelming fear of having no control of what will happen.

- Pre-COVID-19: 1 in every 5 Americans struggled with anxiety
- During COVID-19: 1 in every 2 Americans struggle with high levels of anxiety

* American Psychiatric Association

³⁷ "Let anyone who is thirsty come to me and drink. ³⁸ Whoever believes in me, as Scripture has said, rivers of living water will flow from within them."

John 7:37-38 (NIV 2011)

³⁷ "Let anyone who is thirsty come to me and drink. ³⁸ Whoever believes in me, as Scripture has said, rivers of living water will flow from within them."

John 7:37-38 (NIV 2011)

³⁷ "Let anyone who is thirsty come to me and drink. ³⁸ Whoever believes in me, as Scripture has said, rivers of living water will flow from within them."

John 7:37-38 (NIV 2011)

Acts 16:16-40