



# Anxiety

Ancient wisdom for modern life

In dire need of something? Ask God, and He will provide. Food, clothing, shelter, whatever—God knows we have a real need for these items. Stop worrying about what you don't have, focus on what you do have and let God take care of the rest. He will not forsake you.

Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that ye have need of all these things.  
*Matthew 6:31-32 (KJV)*

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