

# Control

Control is a product of God's will.  
He gives it. He decides when we have it. He has plans to accomplish.

Phil 4:4-7

Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Anxiety is in many ways a byproduct.

What does "byproduct" mean?

(a secondary result, unintended but inevitably produced in doing or producing something else.)

In producing "knowledge" or "research" or "entertainment," are we producing anxiety as a byproduct?

What is it that you are pouring into your heart and mind?

Good or Evil  
Hope or Hopelessness  
Peace or Fear

Think about this...

More time in **God's Word** or on Snapchat?

More time in **Prayer** or on Tiktok?

More time **Feeding Faith** or fears????

Anxiety is not ONLY a byproduct of how we spend our time it is sometimes just a part of life **BUT**

think about how you spend your time...

Think about what you are feeding...

Feed yourself **God's Truth**.

**His Hope**

**His Peace**

**His Love**

**Him!**