



### Causes of anxiety

- The Cycle
- The Causes

**Biblical answer?**

## INSPIRED CONFERENCE

# THE TEEN ANXIETY PANDEMIC

THE DEVIL'S CALENDAR SAYS "TOMORROW"  
BUT GOD'S CALENDAR SAYS "TODAY"



Look at God's creation,  
listen to God's questions,  
rest in God's care and control,  
and follow God's priorities  
to enjoy peace  
instead of anxiety.



### Jesus counsels with creation

- Study the birds
- Study the flowers

PANIC SEES A GODLESS WORLD,  
PEACE SEES A GOD-FILLED WORLD.

**What about my questions?**



### Jesus counsels with questions

- How balanced are you?
- How valuable are you?
- How powerful are you?
- How important are you?
- How pagan are you?

PANIC ASKS GOD QUESTIONS,  
PEACE LISTENS TO GOD'S QUESTIONS.

**What about some answers?**



### Jesus counsels with care and control

- I'm your Father
- I'm your King

PANIC TRUSTS HUMAN CONTROL,  
PEACE TRUSTS GOD'S CONTROL

**What can I do now?**



### Jesus counsels with priorities

- Prioritize God's Kingdom
- Prioritize today

THE DEVIL'S TO-DO LIST STARTS  
WITH YOUR KINGDOM,  
GOD'S TO-DO LIST STARTS  
WITH HIS KINGDOM

**Action?**

