

"Be anxious for nothing.....but by prayer and petition, make your needs known to God" (Philippians 4:6) An easy instruction for the Apostle Paul to write almost 2,000 years ago! But is his writing still realistic and relevant to us today? Anxiety stalks us at every turn as we juggle family schedules, working hours, technological advances, time frames, food groups, fitness and bank balances! We are never short of something to worry about! But what toll is constant anxiety having on our mind and body? Can we learn how to reassure ourselves and be at peace?

In this Tweet, David will offer several ways to break the habit of constant anxiety and worry. Yes it is possible, with insight and persistence, to retrain our mind to deflect it. Putting our concerns into their proper perspective, and walking away from obsessing over them is a skill to be learned. Anxiety is very much a part of our modern world - but it doesn't need to continue to be part of yours!

Susanna Burton Photography



Nelson based counsellor and speaker, David Riddell has spent his life searching for useful truth and disseminating it to the people of God. David is Founder and Dean of the Living Wisdom School, and over the past two decades, he and his wife Rosemary have travelled extensively running those Schools. They also operate the Living Wisdom

College in Nelson, where students from all walks of life can live in for short term courses on a variety of mental, emotional and relational issues.



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Anxiety

A LIVING WISDOM TWEET - WITH DAVID RIDDELL



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with
David Riddell

Anxiety



Compact Discs - set of 2
1 hour 42 minutes
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