

The Bible, Anxiety, and Social Media

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Introduction

Philippians 4:4-9

4 - Rejoice in the Lord always; again I will say, rejoice!

5 - Let your gentle spirit be known to all people. The Lord is near.

6 - Do not be anxious about anything, but in everything by prayer and pleading with thanksgiving let your requests be made known to God.

7 - And the peace of God, which surpasses all comprehension, will guard your hearts and minds in Christ Jesus.

8 - Finally, brothers and sisters, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence and if anything worthy of praise, think about these things.

9 - As for the things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.

Practical Application