

AGE OF ANXIETY

RESOURCES:

Pastoral Care

Email pastoralcare@captivatesd.com

Prayer Team

Email prayer@captivatesd.com

Don't Fight Anxiety Alone, Join A Community!

Visit captivatesd.com/communities

Books

Emotionally Healthy Spirituality (Peter Scazzero)

Putting An X Through Anxiety (Louie Giglio)

Anxious for Nothing (Max Lucado)

Verses to meditate on

Psalm 55:22

Philippians 4:6-7

Matthew 11:28

1 Peter 5:7

