

***Twelve Anxiety Relievers from Our Great Physician  
John 14-16***

**Anxiety Reliever 1:** \_\_\_\_\_

**Anxiety Reliever 2:** \_\_\_\_\_

**Anxiety Reliever 3:** \_\_\_\_\_

**Anxiety Reliever 4:** \_\_\_\_\_

**Anxiety Reliever 5:** \_\_\_\_\_

**Anxiety Reliever 6:** \_\_\_\_\_

**Anxiety Reliever 7:** \_\_\_\_\_

**Anxiety Reliever 8:** \_\_\_\_\_

**Anxiety Reliever 9:** \_\_\_\_\_

**Anxiety Reliever 10:** \_\_\_\_\_

**Anxiety Reliever 11:** \_\_\_\_\_

**Anxiety Reliever 12:** \_\_\_\_\_

***My personal application for today is:***