

# CONTENTS

Series Introduction.....	7
1. This is Really Important.....	9
2. The Lord is Near You .....	15
3. Speak to the Lord .....	23
4. God is Loving, God is Strong .....	31
5. A Walk With God.....	39
6. Your Wants and Your Fears.....	45
7. Today.....	51
8. Anxiety Left to Itself .....	59
9. Living Now .....	69
10. Courage and Rest .....	77
Appendix A: What Now?.....	85
Appendix B: Other Books on this Topic .....	87