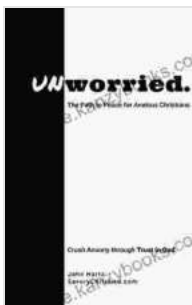


Unworried: The Path to Peace for Anxious Christians

Are you tired of living with anxiety? Do you feel like you're constantly on edge, worrying about what might happen? If so, you're not alone. Millions of Christians struggle with anxiety every day. But there is hope. In his new book, *Unworried*, pastor and author Elyse Fitzpatrick offers a biblical path to peace and freedom from anxiety.

Fitzpatrick begins by helping readers understand the nature of anxiety. She explains that anxiety is not a sin, but it is a common human experience. She also points out that anxiety can be caused by a variety of factors, including genetics, personality, and life experiences.



UNworried: The Path to Peace for Anxious Christians

by John Hartz

★★★★★ 5 out of 5

Language : English
File size : 276 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Lending : Enabled
Print length : 179 pages



Once readers understand the nature of anxiety, Fitzpatrick offers a number of practical tools to help them overcome it. These tools include:

- **Prayer:** Fitzpatrick encourages readers to turn to God in prayer when they are feeling anxious. She says that prayer is a powerful way to connect with God and to experience his peace.
- **Scripture:** Fitzpatrick also encourages readers to memorize and meditate on Scripture. She says that the Bible is a source of great comfort and strength.
- **Counseling:** Fitzpatrick recommends that readers seek professional counseling if they are struggling to overcome anxiety on their own.

In addition to these practical tools, Fitzpatrick also offers a number of biblical principles that can help readers overcome anxiety. These principles include:

- **God is in control:** Fitzpatrick reminds readers that God is in control of everything, even our anxieties. She says that we can trust God to take care of us and to give us the strength we need to face our fears.
- **We are not alone:** Fitzpatrick also reminds readers that we are not alone in our struggles with anxiety. She says that God is with us and that he will never leave us or forsake us.
- **We have hope:** Fitzpatrick concludes by reminding readers that we have hope in Christ. She says that Jesus Christ has overcome the world, and that he offers us the peace and freedom that we are looking for.

If you are struggling with anxiety, I encourage you to read Unworried. This book is a valuable resource that can help you find peace and freedom from anxiety. I know it has helped me, and I believe it can help you too.

About the Author

Elyse Fitzpatrick is a pastor, author, and speaker. She is the director of Women Helping Women Ministries at First Presbyterian Church in Charlotte, North Carolina. She is also the author of several books, including Give Them Grace: Dazzling Your Kids with the Love of Jesus, Because He Loves Me: How Christ Transforms Our Daily Life, and Idols of the Heart: Learning to Long for God Alone. Elyse and her husband, Phil, have three children.

Praise for Unworried

"Unworried is a much-needed resource for Christians who struggle with anxiety. Elyse Fitzpatrick offers a biblical and practical path to peace and freedom. I highly recommend this book." **-Nancy Guthrie, author of Hearing Jesus Speak into Your Life**

"Elyse Fitzpatrick's Unworried is a lifeline for those who struggle with anxiety. She offers hope and practical help based on the truths of Scripture. This book is a must-read for anyone who wants to find peace and freedom from anxiety." **-Dr. Ed Welch, author of When People Are Big and God Is Small**

"Unworried is a gift to the church. Elyse Fitzpatrick writes with compassion and wisdom, offering biblical hope and practical guidance for those who struggle with anxiety. This book is a must-read for pastors, counselors, and anyone who wants to live a more anxious-free life." **-Dr. David Powlison, senior editor of the Journal of Biblical Counseling**

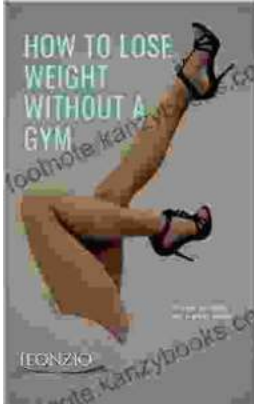


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