

## The Anxiety Antidote

Psalm 127.1-2

### 1. Battle Number One: Let God fight for what you are trying to build.

- a. Psalm 127:1a (NIV)  
*Unless the LORD builds the house, its builders labor in vain.*

- b. What are you trying to build?

### 2. Battle Number Two: Let God fight for what you are trying to protect.

- a. Psalm 127:1b (NIV)  
*Unless the LORD watches over the city, the watchmen stand guard in vain.*

- b. What are you trying to protect?

### 3. Battle Number Three: Let God fight for what you are trying to provide.

- a. Psalm 127:2 (NIV)  
*In vain you rise early and stay up late, toiling for food to eat—  
for he grants sleep to those he loves.*

- b. What are you trying to provide?