



THE ANTIDOTE
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Philippians 4:6-7 (NKJV) ⁶ Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; ⁷ and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

Antidote = a _____ or _____ to counteract the effects of poison.

2 Timothy 1:7 “For God has not given us a spirit of fear, but of power and of love and of a sound mind.”

1. **Prayer** – a constant _____ with God.
2. **Supplication** – a loud _____.
3. **Thanksgiving** – an _____ of gratitude.