



“How to Win Over Worry”

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WORRY... definition

To be troubled about an uncertain matter. To feel anxious, distressed, or troubled... a source of nagging concern.

Jesus _____ not to worry.

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Who of you by worrying can add a single hour to his life? Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.” Matthew 6:25, 27, 34

Worry keeps us from being _____

“The one who received the seed that fell among the thorns is the man who hears the word, but the worries of this life and the deceitfulness of wealth choke it, making it unfruitful.” Matthew 13:22

HOW TO WIN OVER WORRY...

1. Worry about _____.

“Do not be anxious about anything. Phil. 4:6

2. Pray about _____.

“...but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Phil. 4:6b-7

3. Thank God for _____.

“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.” Phil. 4:6

4. Think about _____.

“Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.” Phil. 4:8

5. Practice right _____.

“Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of