

## Worry and Anxiety

Every single one of us worries to some degree or another.

A heightened sense of vulnerability

+ A diminished sense of power

Worry 😞

## God's Prescription for Worry

Stop trying to control what you can't control.

(Psalm 46:10) Be still, and know that I am God!

Knowing that He is God means realizing we are not God.

We don't cease striving because we know the outcome, but because we trust God who knows the outcome.

(Romans 8:28) And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.

Look back at all the times God came through for you.

(2 Chronicles 20:8-9) Your people settled here and built this Temple to honor your name. <sup>9</sup> They said, 'Whenever we are faced with any calamity such as war, plague, or famine, we can come to stand in your presence before this Temple where your name is honored. We can cry out to you to save us, and you will hear us and rescue us.'

Worry has the ability to erase God's past faithfulness.

You have to find ways to celebrate God's faithfulness of the past, to be able to trust Him with your future.

Turn everything you worry about into a prayer.

(Philippians 4:6) Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.

Pray for that thing that is on your mind, not what you think you should pray for.

(1 Peter 5:7) Give all your worries and cares to God, for he cares about you.

Give your worries over to God because you aren't designed to carry them.

View your life with an eternal perspective.

(Romans 8:18) NASB For I consider that the sufferings of this present time are not worthy to be compared with the glory that is to be revealed to us.

In light of eternity, is there really anything worth worrying about?

# Life Journey Notes

So Emojinal – Worry Wart

June 11, 2017

\_\_\_\_\_ and Anxiety

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A heightened sense of \_\_\_\_\_

+ A diminished sense of \_\_\_\_\_



God's \_\_\_\_\_ for Worry

Stop \_\_\_\_\_ to \_\_\_\_\_ what you can't control.

(Psalm 46:10) Be still, and know that I am God!

Knowing that \_\_\_\_\_ is God means realizing \_\_\_\_\_ are \_\_\_\_\_ God.

We don't cease striving because we \_\_\_\_\_ the outcome, but because we \_\_\_\_\_ God who knows the outcome.

(Romans 8:28) And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.

Look \_\_\_\_\_ at all the \_\_\_\_\_ God came through for you.

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So Emojinal – Worry Wart

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You have to find ways to \_\_\_\_\_ God's faithfulness of the past, to be able to \_\_\_\_\_ Him with your future.

Turn \_\_\_\_\_ you worry about into a \_\_\_\_\_.

(Philippians 4:6) Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.

Pray for that thing that is on your \_\_\_\_\_, not what you \_\_\_\_\_ you should pray for.

(1 Peter 5:7) Give all your worries and cares to God, for he cares about you.

Give your worries \_\_\_\_\_ God because you aren't \_\_\_\_\_ to carry them.

View your life with an \_\_\_\_\_.

(Romans 8:18) NASB For I consider that the sufferings of this present time are not worthy to be compared with the glory that is to be revealed to us.

In light of \_\_\_\_\_, is really there anything \_\_\_\_\_ worrying about?