

How To Win Over Worry

In God We Trust

Area #1

Worry: _____

Why do we worry?

Area #2

Worry: _____

Not focusing on this type of worry today

Post-traumatic stress disorder (PTSD)

Suggestions

Psalms 34:18 The Lord is close to the brokenhearted; he rescues those whose spirits are crushed. (NLT)

Psalms 147:3 He heals the brokenhearted and bandages their wounds. (NLT)

Reminders

Area #3

Worry: _____

Our General Perspective In Life Is To _____
Pain And Trauma

Romans 8:17 And since we are his children, we are his heirs. In fact, together with Christ we are heirs of God's glory. But if we are to share his glory, we must also share his suffering. **18** Yet what we suffer now is nothing compared to the glory he will reveal to us later. (NLT)

1 Peter 5:8 Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour. **9** Stand firm against him, and be strong in your faith. Remember that your family of believers all over the world is going through the same kind of suffering you are. **10** In his kindness God called you to share in his eternal glory by means of Christ Jesus. So after you have suffered a little while, he will restore, support, and strengthen you, and he will place you on a firm foundation. (NLT)

_____ **May Not Look Like You Think**

2 Corinthians 12:8 Three different times I begged the Lord to take it away. **9** Each time he said, "My grace is all you need. My power works best in weakness." So now I am glad to boast about my weaknesses, so that the power of Christ can work through me. (NLT)

Area #4

Worry: _____

What do we worry about?

What does worry do?

Ephesians 4:21 Since you have heard about Jesus and have learned the truth that comes from him, **22** throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. **23** Instead, let the Spirit renew your thoughts and attitudes. **24** Put on your new nature, created to be like God—truly righteous and holy. *(NLT)*

Romans 8:5 Those who are dominated by the sinful nature think about sinful things, but those who are controlled by the Holy Spirit think about things that please the Spirit. **6** So letting your sinful nature control your mind leads to death. But letting the Spirit control your mind leads to life and peace. **7** For the sinful nature is always hostile to God. It never did obey God's laws, and it never will. **8** That's why those who are still under the control of their sinful nature can never please God. **9** But you are not controlled by your sinful nature. You are controlled by the Spirit if you have the Spirit of God living in you. (And remember that those who do not have the Spirit of Christ living in them do not belong to him at all.) *(NLT)*

Area #5

Worry: _____

How do we _____ worry?

John 14:1 "Don't let your hearts be troubled. Trust in God, and trust also in me." *(NLT)*

What we really need is _____.

- _____

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. **7** Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. *(NLT)*

Matthew 6:9 "Our Father in heaven, may your name be kept holy. **10** May your Kingdom come soon. May your will be done on earth, as it is in heaven. **11** Give us today the food we need," *(NLT)*

- _____ My Mind

Philippians 4:8 And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. *(NLT)*

- Take _____

Philippians 4:9 Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you. (NLT)

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

- _____ On God

Matthew 6:25 “That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn’t life more than food, and your body more than clothing? **26** Look at the birds. They don’t plant or harvest or store food in barns, for your heavenly Father feeds them. And aren’t you far more valuable to him than they are? **27** Can all your worries add a single moment to your life? **28** “And why worry about your clothing? Look at the lilies of the field and how they grow. They don’t work or make their clothing, **29** yet Solomon in all his glory was not dressed as beautifully as they are. **30** And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith? **31** “So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ **32** These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. **33** Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. **34** “So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.” (NLT)

Psalms 23:1 The Lord is my shepherd; I have all that I need. **2** He lets me rest in green meadows; he leads me beside peaceful streams. **3** He renews my strength. He guides me along right paths, bringing honor to his name. **4** Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me. **5** You prepare a feast for me in the presence of my enemies. You honor me by

anointing my head with oil. My cup overflows with blessings. **6** Surely your goodness and unfailing love will pursue me all the days of my life, and I will live in the house of the Lord forever. (NLT)

- Learn to _____

Isaiah 56:6 “I will also bless the foreigners who commit themselves to the Lord, who serve him and love his name, who worship him and do not desecrate the Sabbath day of rest, and who hold fast to my covenant.” (NLT)

Matthew 11:28 Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. **29** Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. **30** For my yoke is easy to bear, and the burden I give you is light.” (NLT)

- Receive _____

2 Corinthians 1:4 He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us. **5** For the more we suffer for Christ, the more God will shower us with his comfort through Christ. **6** Even when we are weighed down with troubles, it is for your comfort and salvation! For when we ourselves are comforted, we will certainly comfort you. Then you can patiently endure the same things we suffer. (NLT)

- God is in _____

Jeremiah 29:11 For I know the plans I have for you,” says the Lord. “They are plans for good and not for disaster, to give you a future and a hope. (NLT)

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. *(NLT)*

Psalms 55:22 Give your burdens to the Lord, and he will take care of you. He will not permit the godly to slip and fall. *(NLT)*

Psalms 73:23 Yet I still belong to you; you hold my right hand. **24** You guide me with your counsel, leading me to a glorious destiny. **25** Whom have I in heaven but you? I desire you more than anything on earth. **26** My health may fail, and my spirit may grow weak, but God remains the strength of my heart; he is mine forever. *(NLT)*

Matthew 28:20 “Teach these new disciples to obey all the commands I have given you. And be sure of this: I am with you always, even to the end of the age.” *(NLT)*

Psalms 94:17 If the Lord had not been my help, My soul would soon have dwelt in the land of silence. **18** If I should say, “My foot has slipped,” Your faithfulness, Lord, will support me. **19** When my anxious thoughts multiply within me, Your comfort delights my soul. *(NASB)*

Romans 8:35 Can anything ever separate us from Christ’s love? Does it mean he no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death? **36** (As the Scriptures say, “For your sake we are killed every day; we are being slaughtered like sheep.”) **37** No, despite all these things, overwhelming victory is ours through Christ, who loved us. **38** And I am convinced that nothing can ever separate us from God’s love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can

separate us from God’s love. **39** No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord. *(NLT)*

Jeremiah 17:7 “But blessed are those who trust in the Lord and have made the Lord their hope and confidence. **8** They are like trees planted along a riverbank, with roots that reach deep into the water. Such trees are not bothered by the heat or worried by long months of drought. Their leaves stay green, and they never stop producing fruit. *(NLT)*

Area #6

Worry: _____

When do we worry?

Lack of control or unknown outcomes:

2 Corinthians 4:17 For our present troubles are small and won’t last very long. Yet they produce for us a glory that vastly outweighs them and will last forever! **18** So we don’t look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see will last forever. *(NLT)*

Hebrews 13:14 For this world is not our permanent home; we are looking forward to a home yet to come. *(NLT)*

Biblical Truth: Anxiousness and worry are the opposite of
_____ and _____.