

Worry, Be Anxious, Fret, or Agonize

Questions to explore the heart:

Are you forgetting who made everything?

Who is all powerful?

What can God do about this situation (*circumstances or condition*)?

Comment(s) or Correction:

It is not God's will for you to worry.

Scriptures to memorize:

"So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Matthew 6:31

Worry weighs a person down; an encouraging word cheers a person up. Proverbs 12:25

So refuse to worry, and keep your body healthy. Ecclesiastes 11:10

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

"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? Matthews 6:25

Whatever things are:

True

Honest

Just

Pure

Lovely

Of good report

Having any virtue

And praiseworthy

Think on these things. Those things, which you have both learned, and received, and heard, and seen in me, do: and the God of peace will be with you. Philippians 4:8-9

Words of Encouragement:

If you pray and trust God to take this anxiety away from you, He will do it because He cares for you.