



Matthew 6:25-27

25 "Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? 26 Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? 27 Which of you by worrying can add one cubit to his stature? NKJV

**Number 1: Worry is a \_\_\_\_\_.**

Matthew 13:22-23

22 The seeds that fell among thorn bushes stand for those who hear the message; but the worries about this life and the love for riches choke the message, and they don't bear fruit. GNT

**Number 2: Worry is a \_\_\_\_\_.**

**Number 3: What worry does is hold on to the \_\_\_\_\_ things.**

Philippians 4:6-7

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.

1 Peter 5:6-7

6 Therefore humble yourselves under the mighty hand of God, that He may exalt you in due time, 7 casting all your care upon Him, for He cares for you.

**Number 4. Being in the right place doesn't mean we have the right \_\_\_\_\_.**

**Number 5: And the devil wants to \_\_\_\_\_ our souls.**

Psalms 143:3

For the enemy has persecuted my soul; He has crushed my life to the ground; He has made me dwell in dark places, like those who have long been dead. NASU

**Number 6: What you carry moves you to \_\_\_\_\_ or \_\_\_\_\_.**

"Cast ALL your care upon Him..."

**Number 7: Letting Go of Worry is a \_\_\_\_\_ Action**

1 Peter 5:7

7 Casting the whole of your care [all your anxieties, all your worries, all your concerns, **once and for all**] on Him, for He cares for you affectionately and cares about you watchfully. Amplified Bible

**Number 8: \_\_\_\_\_ on God's Word.**

Philippians 4:8-9

"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. 9 Keep putting into practice all you learned..."

**Number 9: Once you have cast your cares, \_\_\_\_\_ as though they are gone.**

James 1:22-23

22 Do not merely listen to the word, and so deceive yourselves. Do what it says.

**Number 10: Miracles happen at the \_\_\_\_\_ of Jesus.**

Matthew 15:29-31

29 Jesus left there and went along the Sea of Galilee. Then he went up on a mountainside and sat down. 30 Great crowds came to him, bringing the lame, the blind, the crippled, the mute and many others, and laid them at his feet; and he healed them.