



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.