



## **"How do I Stop Worrying?"**

*Definition of Worry – Trying to control the uncontrollable.*

### **Five Reasons We Don't Need to Worry:**

- 1. Worry is \_\_\_\_\_**  
Matthew 6:25 (NLT)
- 2. Worry is \_\_\_\_\_**  
Matthew 6:26; 28-29 (NLT)
- 3. Worry is \_\_\_\_\_**
- 4. Worry is \_\_\_\_\_**  
Matthew 6:27 (NLT)
- 5. Worry is \_\_\_\_\_**  
Matthew 6:30 (NLT); Philippians 4:19 (NLT)

### **How Do I Stop Worrying?**

- 1. Get to know \_\_\_\_\_**  
Matthew 6:32 (NLT); John 14:1 (NLT)
- 2. Put God first in \_\_\_\_\_ area of your life**  
Matthew 6:31; 33 (NLT)
- 3. Live one \_\_\_\_\_ at a time**  
Matthew 6:34 (NLT)
- 4. Trust God to \_\_\_\_\_ for all your of needs**  
Matthew 6:30b (NLT); I Peter 5:7 (NLT); Philippians 4:6-7 (NLT)