

Dealing with Worry

Matthew 6:25-34

Four Truths about Worry:

1. Worry is _____.
2. Worry is _____.
3. Worry is _____.
4. Worry is _____.

Four steps to help with worry:

1. Place your _____ in Jesus.
2. Quit focusing on your _____ problems.
3. Stop listening to the _____ of worry.
4. Commit to _____.