



Letting Go Of Worry

1. God gives us _____

"Therefore I tell you, don't worry about your life, what you'll eat or drink, or about your body, what you'll wear. Is not life more important than food and the body more important than clothes?" - Matthew 6:25

"Look at the birds in the air. They don't sow, they don't reap, they don't store in barns. Yet your heavenly Father feeds them. Are you not much more valuable than they? And see, why do you worry about your clothes? See the lilies of the field how they grow. They don't labor or spin but I tell you, not even Solomon in all his splendor was dressed like one of these." - Matthew 6:26

2. God _____

"If that is how God clothes the grass of the field which is here today and tomorrow is thrown into the fire, will He not much more clothe you, oh, ye of little faith?" - Matthew 6:30

3. Worrying is _____

"Who of you by worrying can add a single hour to his life?" - Matthew 6:27

4. Worrying is _____

"So don't worry saying 'What will we eat or what will we drink or what will we wear?' For the pagans run after all these things. Your heavenly Father knows you need them." - Matthew 6:31

5. What's your _____? What's your _____?

"But seek ye first His kingdom and His righteousness and all of these other things will be given to you as well." - Matthew 6:33

"No one can serve two masters. He will either hate the one and love the other or he will be devoted to one and despise the other. You cannot serve both God and money." - Matthew 6:24

6. This takes _____. One day at a time

"Therefore do not worry about tomorrow. Tomorrow will worry about itself. Everyday has enough trouble of its own." - Matthew 6:34

7. You can _____

"Will not God take care of you? Won't He clothe you, o ye of little faith?" - Matthew 6:30

Gratitude List: (What blessings has God given that I'm thankful for today?)

1. _____
2. _____
3. _____

Worry List: (Where do I need God's help today?)

1. _____
2. _____
3. _____

Prayer for help: "God I need help. I'm struggling to trust you today and I know that you have always been faithful and I need your help trusting that you will be faithful today. (Insert things you need prayer for today here)."

Serenity Prayer: "God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference. Living one day at a time; Enjoying one moment at a time; Accepting hardships as the pathway to peace; Taking, as He did, this sinful world as it is, not as I would have it; Trusting that He will make all things right if I surrender to His Will; That I may be reasonably happy in this life and supremely happy with Him Forever in the next. Amen."