

What are you worrying about today?

Worry can steal your _____, your _____,
and your _____.

“Worry does not empty tomorrow of its sorrow, it empties today of its strength.”

Corrie ten Boom

“Worship and worry cannot live in the same heart; they are mutually exclusive.”

Ruth Bell Graham

everything that does not come from faith is a sin.

Romans 14:23

Definition of Worry

The _____ of distrusting the _____
and _____ of God.

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The _____ of distrusting the _____
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Worry weighs a man down.

Proverbs 12:25 (NLT)

The Centurion's Encounter with Jesus (Matthew 8:5-10)

1. The Centurion did all that he could by taking _____.
2. The Centurion gave _____ what he could not do.

We take captive every thought to make it obedient to Christ.

2 Corinthians 10:5

Do not conform any longer to the pattern of this world but be transformed by the renewing of your mind.

Romans 12:2

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7

What are some steps I can take to overcome worry?

1. **Memorize** Philippians 4:6-7
2. **Write it, pray it, leave it.**
 - Write down your next worry when it comes.
 - Pray about it and TRUST your worry to God.
 - Leave it with God.
3. **Read** and **meditate** on Matthew 6:25-34. Jesus spends 10 verses talking about worry.
4. **Tell a friend** about your struggle with worry so they can pray for you as you renew your mind and defeat the sin of worry.

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