

Worry (part 3)

How To Get Rid of It

Worry is “_____ concern about _____ and things (Matt. 6:25).”

Worry is wrong because . . .

- It is _____.
- It is _____.
- It is _____.

I. Wrong ways

1. _____
2. Piously _____
3. Exerting personal _____
4. _____
5. Being _____
6. _____ about it
7. Wrong _____

II. Right ways

Matt. 6:33

Phil. 4:6-9 (key passage)

Three principles for overcoming worry:

1. Right _____ (vv. 6-7)
 - a. Recognize and _____ worry as sin
 - b. _____ God for His _____ in trials.
 - c. Pray _____
2. Right _____ (v. 8)
 - a. Remind yourself of God’s bounteous _____
 - b. Create a _____ list
 - c. _____ biblically (James 4:13-16)
 - d. Find _____ to problems
3. Right _____
 - a. _____ your energy
 - b. _____ in 1 Corinthians 10:13
 - c. _____ right _____, right _____, & right _____, and you will _____ worry