

Confessions

#4: I worry

How To Deal With Worry

1. _____
Matthew 6:25 *Therefore I tell you, do not worry about your life...*

Matthew 6:26 *Who of you by worrying can add a single hour to his life?*

2. Start with what _____

Question: Is there anything I can do about this?

Proverbs 22:3 *A prudent man sees danger and takes refuge, but the simple keep going and suffer for it.*

3. Replace _____
Philippians 4:6-8 *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.*

a) Name _____

b) Remember _____

Matthew 6:26 *Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?*

c) _____

d) Focus on a _____

Philippians 4:8 *...whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable...think about such things.*

--www.365promises.com/329.aspx

--www.intouch.org – Then click resources and God’s promises

Signs of Anxiety

- Feeling restless, edgy, keyed up
- Tiring easily
- Trouble concentrating
- Irritability
- Increased muscle tension (headaches and neck pain)
- Trouble sleeping (initial insomnia or restless, unsatisfying sleep)
- __Frequent illnesses
- __Very impatient with others – snap easily
- __Feelings of hopelessness or despair or panic
- __You want to give up

Psalms for the anxious

Psalm 3	Psalm 28	Psalm 48
Psalm 4	Psalm 30	Psalm 54
Psalm 5	Psalm 31	Psalm 55
Psalm 6	Psalm 32	Psalm 63
Psalm 7	Psalm 34	Psalm 71
Psalm 18	Psalm 37	Psalm 84
Psalm 22	Psalm 38	Psalm 91
Psalm 23	Psalm 40	Psalm 94
Psalm 25	Psalm 42	Psalm 102
Psalm 27	Psalm 46	Psalm 103

Psalm 94:18-19 *When I said, My foot is slipping, Your love, O Lord, supported me. When anxiety was great within me, Your consolation brought joy to my soul.*

Matthew 10:29 *Are not two sparrows sold for a penny? Yet not one of them will fall to the ground apart from the will of your Father. And even the very hairs of your head are all numbered. So don't be afraid; you are worth more than many sparrows.*