



“Anxiety weighs down the heart, but a kind word cheers it up.”
Proverbs 12:25

Do you have an anxious heart?

- _____ Are you rattled when things don't go as you expected?
- _____ Do you often worry about things beyond your control?
- _____ Do you lose sleep over pressing issues?
- _____ Is it hard to “turn off” your mind?
- _____ Does the unknown intimidate you?
- _____ Do you often imagine the worst case scenario?

I am _____ in complete control of my life.

Take your mind off the _____ of fear.

“Do not worry about tomorrow, for tomorrow will worry about itself.
Each day has enough trouble of its own.”
Matthew 6:34

Worry never _____ anything for _____.

“Can any one of you by worrying add a single hour to your life?”
Matthew 6:27

Satan will use _____ to prevent you from experiencing God's _____.

Stop focusing on “What if this...” and begin focusing on “_____ is this?”

Faith brings _____. Worry brings _____.
Faith draws you _____ to God. Worry takes you _____ from God.
Faith _____ things. Worry _____ nothing.

What areas do you desire to control?
What are some promises from God that speak to your concerns?
What do you need to do today to live a life of faith?



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- _____ Is it hard to “turn off” your mind?
- _____ Does the unknown intimidate you?
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I am **NEVER** in complete control of my life.

Take your mind off the “**WHAT IF'S**” of fear.

“Do not worry about tomorrow, for tomorrow will worry about itself.
Each day has enough trouble of its own.”
Matthew 6:34

Worry never **CHANGES** anything for **GOOD**.

“Can any one of you by worrying add a single hour to your life?”
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Satan will use **FEAR** to prevent you from experiencing God's **BEST**.

Stop focusing on “What if this...” and begin focusing on “**WHO** is this?”

Faith brings **PEACE**. Worry brings **TURMOIL**.
Faith draws you **CLOSER** to God. Worry takes you **AWAY** from God.
Faith **CHANGES** things. Worry **CHANGES** nothing.

What areas do you desire to control?
What are some promises from God that speak to your concerns?
What do you need to do today to live a life of faith?