

HOW TO FREE MYSELF FROM THE WEIGHT OF WORRY

Living On A Margin – Part 6
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May 19-20, 2018

DEFINITION OF WORRY: To allow one's mind to dwell on actual or potential difficulty or troubles.

SOME DOWNSIDES OF WORRY:

- Cannibalizes the margin in my mind.
- Shifts my focus from faith to fear.
- Weighs me down spiritually, emotionally, socially and physically.

SOME UPSIDES OF WORRY:

_____! _____! _____! _____! _____!

HOW TO FREE MYSELF FROM THE WEIGHT OF WORRY:

- _____ my _____
Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life. Psalm 139:23-24
- Remember That _____ is _____
“That is why I tell you not to worry about everyday life – whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? Can all your worries add a single moment to your life?” - Jesus Matthew 6:25-27
- _____ my _____ on Jesus
Cast all your cares on him because he cares for you. 1 Peter 5:7
- Walk In The _____ He _____
Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. Philippians 4:6-7

THOUGHT FOR THE WEEK:

Worry . . . Jesus Wants To _____ my _____!

Box 'O' Bricks

