

The Ways Of Worry

THE MONSTER UNDER THE BED

I've got 99 problems and 86 of them are completely made up scenarios in my head that I'm stressing about for absolutely no logical reason.

WORRY IS A _____ HUMAN _____.

Matthew 6:25-34 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? 26 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? 27 Can all your worries add a single moment to your life? 28 "And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, 29 yet Solomon in all his glory was not dressed as beautifully as they are. 30 And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith? 31 "So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' 32 These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. 33 Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need. 34 "So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.

WORRY IS A _____ TO POTENTIAL _____.

WORRY _____

Spiritual _____

WORRY _____

_____ worry.

_____ worry.

The best identifier of floating worries is " _____ "

WORRY _____

Worry _____

Worry _____

Worry _____

WORRY _____

1. _____, _____, and _____.

2. _____ and _____.

3. _____—the if-then rules.

_____ **WORRY BELIEFS**