

# Letting Go & Taking Action

## THE MONSTER UNDER THE BED

Let Go of the \_\_\_\_\_ of Worry

Try to Lose \_\_\_\_\_

\_\_\_\_\_.

\_\_\_\_\_.

\_\_\_\_\_ the worry.

Stop \_\_\_\_\_.

*Philippians 4:6-9 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. 7 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.*

*8 And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.*

*9 Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.*

Take \_\_\_\_\_

### SEVEN PROBLEM-SOLVING STEPS

1. \_\_\_\_\_ the problem.
2. \_\_\_\_\_.
3. Look at the \_\_\_\_\_ and disadvantages of each solution
4. Choose one and list what you \_\_\_\_\_ might happen.
5. List some \_\_\_\_\_ steps you can take.
6. \_\_\_\_\_.
7. \_\_\_\_\_.

## WHEN THERE IS NO SOLUTION...

\_\_\_\_\_ and pray.

Colossians 4:2 (NIV) *Devote yourselves to prayer, being watchful and thankful.*

Matthew 24:42-43 *Therefore keep watch, because you do not know on what day your Lord will come.*

*43 But understand this: If the owner of the house had known at what time of night the thief was coming, he would have kept watch and would not have let his house be broken into.*

**DELIBERATE, PATIENT \_\_\_\_\_ ON SOMETHING,  
HOLDING IT IN YOUR MIND WHILE NOT BECOMING \_\_\_\_\_  
BY ITS DETAIL.**

*1st Peter 5:7-9 Give all your worries and cares to God, for he cares about you. 8 Stay alert! Watch out for your great enemy, the devil. He prowls around like a roaring lion, looking for someone to devour. 9 Stand firm against him, and be strong in your faith. Remember that your Christian brothers and sisters all over the world are going through the same kind of suffering you are.*

*Matthew 26:37-41 He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. 38 Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me." 39 Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will." 40 Then he returned to his disciples and found them sleeping. "Couldn't you men keep watch with me for one hour?" he asked Peter. 41 "Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak."*

Matthew 6:34 (Message) *'Give your entire attention to what God is doing right now.'*

*Psalms 139:23-24 Search me, O God, and know my heart; test me and know my anxious thoughts. 24 Point out anything in me that offends you, and lead me along the path of everlasting life.*