

...everything that does not come from faith is sin. (Romans 14:23b, NIV)

For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline.(2 Timothy 1:7, NIV)

"But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own." (Matthew 6:33-34, NIV)

When worry comes in:

1. I will do what <u>God</u> asks me to do.

Do not merely listen to the word, and so deceive yourselves. Do what it says. (James 1:22, NIV)

2. I will <u>think</u> on the <u>right</u> things.

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. (Philippians 4:6-8, NIV)

- 3. I will do what is wise.
- 4. I will give God what I cannot do.
- 5. No matter happens, <u>I will trust God</u>.