

What do I do with worry?

"Don't _____ about anything. No matter what happens, tell God about everything. Ask and _____, and give thanks to him."
Philippians 4:6

"Turn all your _____ over to him. He _____ about you." 1 Peter 5:7

"When I'm _____, I put my _____ in you."
Psalm 56:3

"God is our place of _____. He gives us _____. He is always there to _____ us in times of trouble. The earth may fall apart. The mountains may fall into the middle of the sea. But we will not be _____." Psalm 46:____ - _____

1. When I worry, I can....

2. One way that I can feel less worried is to...

3. When I am worried, I will remember that God...