

## **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...

**Father, may your name be honoured. May your kingdom come. Give us each day our daily bread. Forgive us our sins, as we also forgive everyone who sins against us.**

Luke 11:2-4