

Poison

How To Remove The Poison Of Worry

1. Start thinking of _____

Matthew 6:25 *Therefore I tell you, do not worry about your life...*

Matthew 6:26 *Who of you by worrying can add a single hour to his life?*

2. Begin with what _____

Proverbs 22:3 *A prudent man sees danger and takes refuge, but the simple keep going and suffer for it.*

Question: Is there anything _____ ?

3. Replace _____

a) Name _____

b) Think about His _____

Remember _____

Psalm 78:20 *Yes, he can strike a rock so water gushes out, but he can't give his people bread and meat.*

Remember _____

Matthew 6:26 *Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?*

Remember _____

Hebrews 4:16 *So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.*

c) _____

Philippians 4:6-8 *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.*

Psalms for the anxious

Psalm 3

Psalm 4

Psalm 5

Psalm 6

Psalm 7

Psalm 18

Psalm 22

Psalm 23

Psalm 25

Psalm 27

Psalm 28

Psalm 30

Psalm 31

Psalm 32

Psalm 34

Psalm 37

Psalm 38

Psalm 40

Psalm 42

Psalm 46

Psalm 48

Psalm 54

Psalm 55

Psalm 63

Psalm 71

Psalm 84

Psalm 91

Psalm 94

Psalm 102

Psalm 103

Psalm 94:18-19 *When I said, "My foot is slipping," Your love, O Lord, supported me. When anxiety was great within me, Your consolation brought joy to my soul.*

Matthew 10:29 *Are not two sparrows sold for a penny? Yet not one of them will fall to the ground apart from the will of your Father. And even the very hairs of your head are all numbered. So don't be afraid; you are worth more than many sparrows.*

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Deuteronomy 31:8 *Do not be afraid or discouraged, for the LORD will personally go ahead of you. He will be with you; he will neither fail you nor abandon you.*