



“What About” Series

Lesson 14

Q. “What about Worry?” *How can I handle this better?*

Luke 10:38-42



We can reduce our worry by increasing our understanding in three areas

1. By understanding our _____

Sources of our _____

- _____
- _____
- The _____

2. By understanding our _____

See Matthew 6:25-34

Jesus establishes worry is a _____ problem

See also 2 Kings 19:14 (The example of Hezekiah)

3. By understanding our _____

Steps to take when feeling anxious or worried...

- _____ it out before God
- _____ of the goodness of God
- _____ the peace of God as a guard over your
_____ and _____