

## Don't Worry - Pray

Power Verses For Transformation - Part 10 of 10

Paul: **“Don't worry about anything, but pray about everything. With thankful hearts offer up your prayers and requests to God.”**

Philippians 4:6 (C.E.V.)

Three questions to a worry-free life:

### 1. Who wrestles with worry?

Three types of worriers:

- \_\_\_\_\_ of anxiety.
- \_\_\_\_\_ anxiety.
- Attempts \_\_\_\_\_ method.

### 2. Where does worry come from?

Jesus: **“...Each day has enough trouble of its own.”**

Matthew 6:34 (NJB)

Worry is a result of:

- Feeling \_\_\_\_\_.
- Feeling \_\_\_\_\_.

**“Don't worry and say, ‘What will we eat?’ or ‘What will we drink?’ or ‘What will we wear?’ The people who don't know God keep trying to get these things, and your Father in heaven knows you need them. Seek first God's kingdom and what God wants. Then all your other needs will be met as well.”**

Matthew 6:30-33 (NCV)

### 3. What's the alternative to worry?

**“Cast all your cares on Him because God cares for you.”**

1 Peter 5:7

Two components of casting your cares:

1. Pray about \_\_\_\_\_.

**“Don't be anxious about anything but in everything, by prayer and petition, make your requests be known to God.”**

Philippians 4:6

2. Listen to God and \_\_\_\_\_.

**“And the peace of God which transcends all understanding will guard your hearts and minds in Christ Jesus.”**

Philippians 4:7

Jesus: **“Come to me all you who labor and are heavy-laden, and I will give you rest. Take my yoke upon you for my yoke is easy, and my burden is light.”**

Matthew 11:28-30