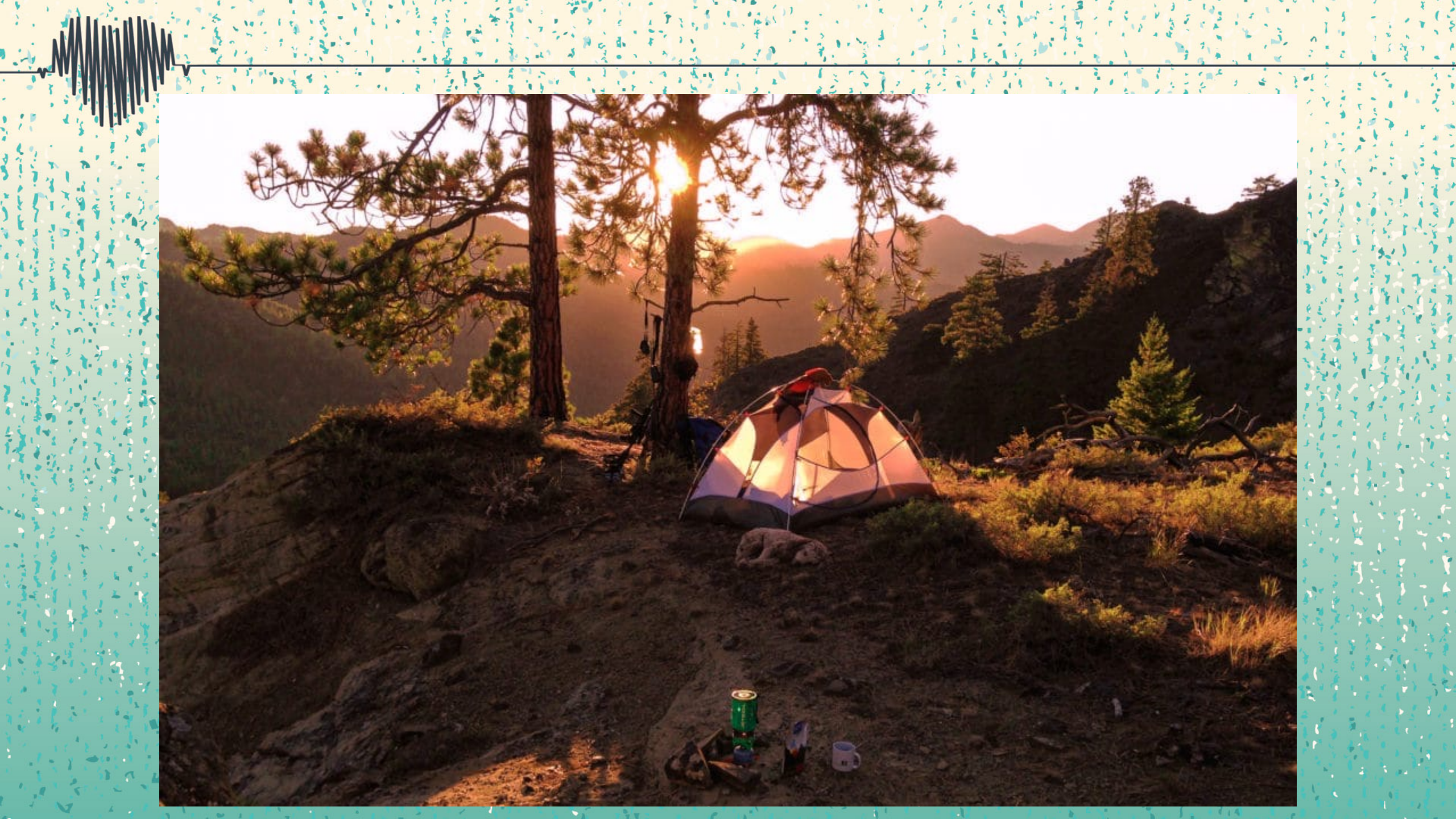


A SERIES WITH

Heart

A SERIES WITH *Heart*



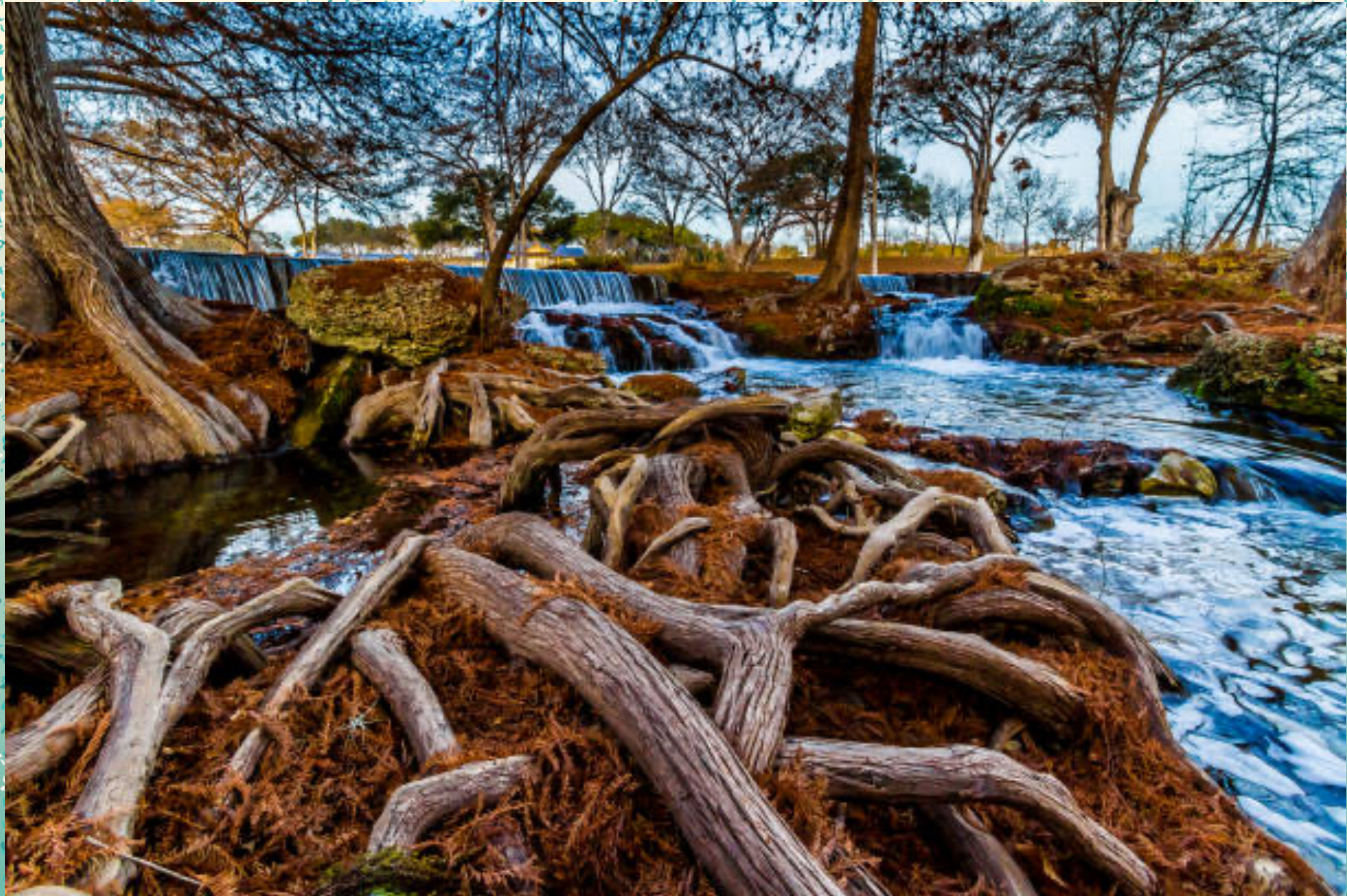




In order to let go of worry and to be renewed and refreshed, we need to be REMINDED of God's promises, and we need to RESPOND



**“What are you MOST
worried about?”**





Worry

“To give way to anxiety or unease; to allow one’s mind to dwell on difficulty or troubles

“A state of anxiety or uncertainty over actual or potential problems.”



Where is the place of worry you go the most?

How often do you visit?

What do you do when you realize you're there?



Matthew 6:25-34

25 “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? 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? 27 Can any one of you by worrying add a single hour to your life? 28 “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? 31 So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”



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**“Don’t hastily pursue what I’m
already providing”**



“Today is the tomorrow you were worried about yesterday.

...focusing on living for God’s Kingdom today is the antidote to worry”

-Tony Evans

“Do not worry” is for every DAY




August 2021



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| 1 Be REMINDED of God's promises and RESPOND | 2 Be REMINDED of God's promises and RESPOND | 3 Be REMINDED of God's promises and RESPOND | 4 Be REMINDED of God's promises and RESPOND | 5 Be REMINDED of God's promises and RESPOND | 6 Be REMINDED of God's promises and RESPOND | 7 Be REMINDED of God's promises and RESPOND |
| 8 Be REMINDED of God's promises and RESPOND | 9 Be REMINDED of God's promises and RESPOND | 10 Be REMINDED of God's promises and RESPOND | 11 Be REMINDED of God's promises and RESPOND | 12 Be REMINDED of God's promises and RESPOND | 13 Be REMINDED of God's promises and RESPOND | 14 Be REMINDED of God's promises and RESPOND |
| 15 Be REMINDED of God's promises and RESPOND | 16 Be REMINDED of God's promises and RESPOND | 17 Be REMINDED of God's promises and RESPOND | 18 Be REMINDED of God's promises and RESPOND | 19 Be REMINDED of God's promises and RESPOND | 20 Be REMINDED of God's promises and RESPOND | 21 Be REMINDED of God's promises and RESPOND |
| 22 Be REMINDED of God's promises and RESPOND | 23 Be REMINDED of God's promises and RESPOND | 24 Be REMINDED of God's promises and RESPOND | 25 Be REMINDED of God's promises and RESPOND | 26 Be REMINDED of God's promises and RESPOND | 27 Be REMINDED of God's promises and RESPOND | 28 Be REMINDED of God's promises and RESPOND |
| 29 Be REMINDED of God's promises and RESPOND | 30 Be REMINDED of God's promises and RESPOND | 31 Be REMINDED of God's promises and RESPOND | | | | |



**Why do we go back to worry
so often?**



First Reactions

95%

Fast
Automatic
Impulsive
Little / No Effort
Emotional



Thinking

5%

Slower
Deliberate
Reflective
Effortful
Analytical



What I feel:

Fear and uncertainty

Where I go:

**Autopilot seeking safety and
control**



When we go on autopilot and half-consciously try to shake off feelings of worry:

Our Phones

Netflix

Food

Sex

Alcohol

Gossip

Judgement, blame, anger.....



In order to return from worry we have to choose to be intentional about where we place our trust, and in what/whom we choose to find safety and renewal.

Returning takes *intention*



**In order to let go of worry and to
be renewed and refreshed, we
need to be REMINDED of God's
promises, and we need to
RESPOND**







Worry is a lifelong venture.

We can't get through it on our own.



**In these times when we find ourselves
back at the place of worry, we need to be
REMINDED and rooted in the Word.**



Colossians 1:17 – “He is before all things, and in Him all things hold together”

Psalms 46:10 – “and in the midst of this chaos, God speaks: “Be still, and know that I am God...”

“God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth gives way”

2 Timothy 1:7 – “For God gave us a spirit not of fear but of power, and love and self control”

Isaiah 41:13 – “For I am the Lord God who takes hold of your right hand and says to you, Do not fear; I will help you”

Deuteronomy 31:8 – “The Lord himself goes before you and will be with you; He will never leave you nor forsake you. Do not be afraid; do not be discouraged”



**In order to let go of worry and to
be renewed and refreshed, we
need to be REMINDED of God's
promises, and we need to
RESPOND**



When we've slowed down, been intentional about remembering, and we are reminded of God's promises and the truth of his Word...

How do we RESPOND?



Philippians 4:6

“Do not be anxious about anything, but in everything by prayer and supplication and thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.”

