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Worry: dwelling on potential difficulties or problems; feeling uneasy or being overly concerned about a situation – and generally assuming the worst.

merimnas: worried OR concerned.

Don't worry (*merimnas*)

- about your life, what you will eat... (Matt. 6:25)
- about anything (Philippians 4:6)

Do be concerned (*merimnas*)

- About how to serve the Lord (1 Cor. 7:32, 34)
- about how to please our spouse (1 Cor. 7:33, 34)

Is it a sin to...

...be discouraged? (Joshua 1:9)

...be afraid? (Joshua 1:9)

...worry? (Matthew 6:25)



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Ways to combat worry (A word to everyone)

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- 4) Eat, sleep, and exercise
- 5) Challenge negative thoughts

A word to parents

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- 4) Set boundaries for phones and social media

A word to middle and high schoolers

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- 2) Try not to be so defensive. Trust your parents and spiritual leaders.
- 3) Spend time reading the Bible, praying, and listening to God.



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