



KEY THOUGHTS

- Parents when your kids are afraid of the dark you don't just don't worry about it you help them deal with showing them that there is nothing to be afraid of, you put a night light in their room you let them sleep with the door open or the lights on, some of you even get into the bed with them to help them fall asleep because when you are there they feel safe and secure.
- Worry and anxiety are different than fear. I mean God gave use healthy fear to be able to make good decisions to help us avoid danger, but what happens when our fears our anxiety our worries over take us and actually deplete our quality of living? One in five of all Americans suffer from anxiety.
- Jesus equates our worry to a faith problem – When our kids are going through a worry problem we help them feel secure because they can trust us when we are going through worry anxiety problems Jesus says trust me.
- We carry these worries, and we were never meant to carry. Can your worry today create certainty for tomorrow?
- When your anxiety shows up don't talk back to it - talk to God.
- "And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." Philippians 4:6
- Because He cares I can cast my worries on Him.
- When I feed my heart on what God has done in the past I don't worry about the future tomorrow has enough worries of its own.

SCRIPTURES

- Matthew 6:25-34
- 1 Peter 5:7
- Philippians 4:6-7

PRACTICAL AND REFLECTION

- Where are you letting worry and anxiety consume your life?
- Can your worry today create certainty for tomorrow?