



SUMMER READING

HOW TO STOP WORRYING

(Philippians 4:6-7) Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Overcoming Anxiety

1. Analyze the situation fearlessly and Honestly.
2. Reconcile yourself to accepting the worst case scenario.
3. Devote your time and energy to trying to improve.



UPPER ROOM

Q: HOW WOULD YOU
DEFINE WORRY?

Q: WHAT IS THE LEADING
CAUSE OF WORRY IN YOUR
LIFE RIGHT NOW?

Q: WHAT IS ONE THING YOU
COULD DO RIGHT NOW TO
DECREASE WORRY?