

# DON'T TAKE IT ANYMORE

1. **WORRY IS:** To have anxious concern about; to be troubled with anxious care; to be distracted; a troubling , fretting, engrossing emotion and concern (based on apprehension about possible danger or misfortune)
  
2. **WORRY IS:** Taking wrong thoughts **Matt. 6:25-34** instead of taking thoughts captive **2 Cor. 10:4, 5**
  
3. **WORRY IS DEFEATED BY:** Proper stewardship of our thoughts
  - a. Taking thoughts captive **2 Cor. 10:4, 5**
  - b. Sorting/filtering our thoughts **Phil. 4:8**
  - c. Replacing anxiety with prayer to Someone Who cares **Phil. 4:6, 7**
  - d. Throw your care on Him **1 Peter 5:6, 7**
  - e. Meditation on God's Word **Joshua 1:8**

## Heavenly Beings

Stills you

Leads you

Reassures you

Enlightens you

Encourages you

Comforts you

Calms you

Builds you

Convicts you

## Hellish & Human Beings

Hurries you

Pushes you

Frightens you

Confuses you

Discourages you

Stresses you

Torments you

Burdens you

Condemns you