

# Our Freedom in Christ #3

## “From Worry to Worship”

### selected Scriptures

Fear - “an unpleasant, strong emotion caused by a \_\_\_\_\_  
or a \_\_\_\_\_ of danger.”

Worry - “mental distress or agitation from concern for something  
i \_\_\_\_\_ or a \_\_\_\_\_.”

Anxiety - “an abnormal, overwhelming sense of a \_\_\_\_\_  
often marked by physiological symptoms.”

### The Awfulness of Anxiety is Painful

Worry robs us of f \_\_\_\_\_, h \_\_\_\_\_, and j \_\_\_\_\_.

Mark 4:7, 18-19 - Worry literally means “to c \_\_\_\_\_ or s \_\_\_\_\_.”

Matthew 6:27 - We can’t a \_\_\_\_\_ to our lifespan by worrying, but we  
can s \_\_\_\_\_ it!

### The Antidote to Anxiety is Prayer

Matthew 6:25-34 - “Do not w \_\_\_\_\_ about life.”

Philippians 4:6 - “Do not be a \_\_\_\_\_ about anything.”

Focus on the p \_\_\_\_\_ and not worry about the f \_\_\_\_\_.

Focus on p \_\_\_\_\_ and not worry about the f \_\_\_\_\_.

Focus on p \_\_\_\_\_ and not worry about our f \_\_\_\_\_.

Focus on p \_\_\_\_\_ and not worry about f \_\_\_\_\_ it out ourselves

### The Antonym of Anxiety is Peace

Philippians 4:7 - The p \_\_\_\_\_ of God will guard our us.

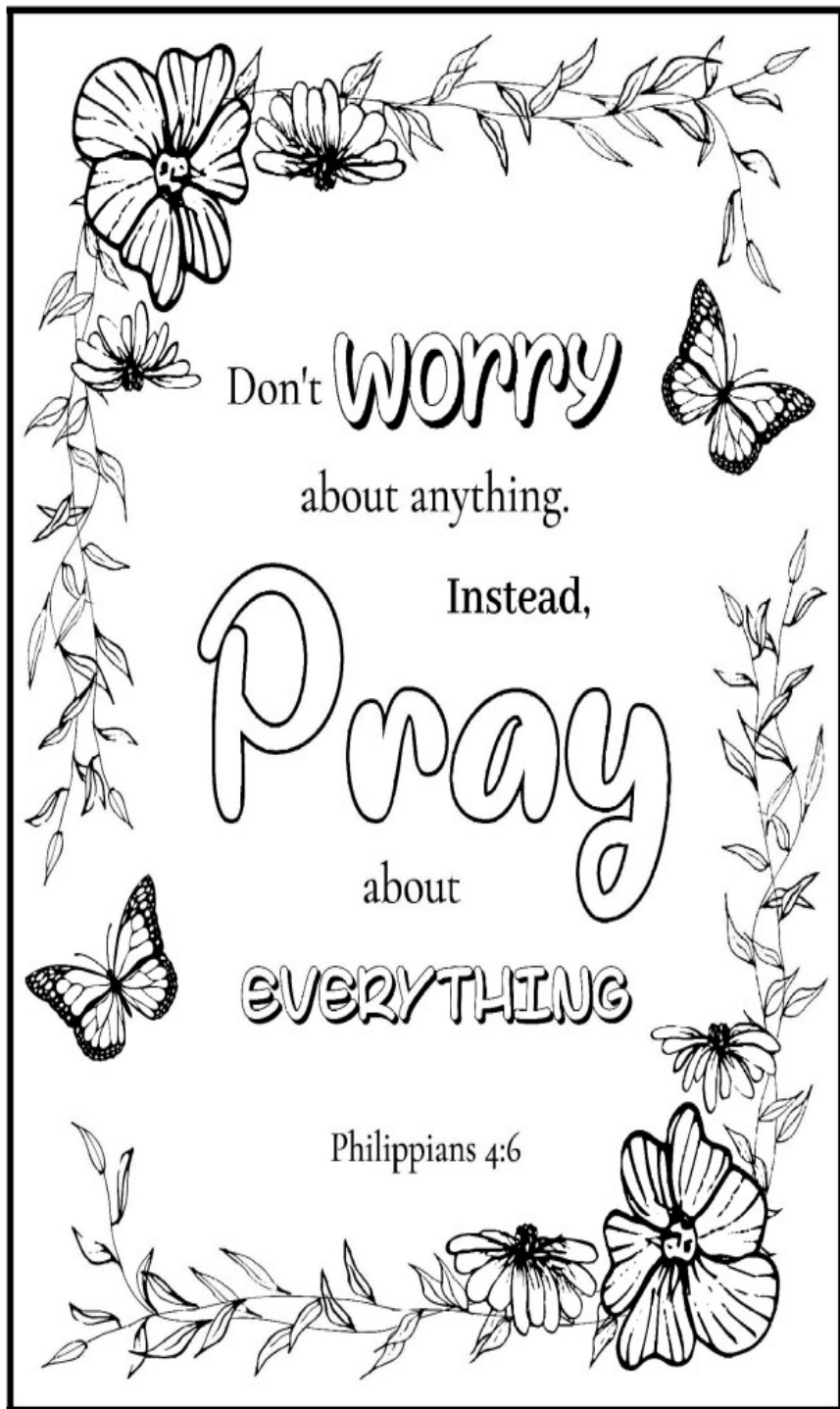
Worry is a c \_\_\_\_\_ not to trust God. Prayer is a c \_\_\_\_\_ to  
trust God. The c \_\_\_\_\_ is ours.

Habakkuk 3:17-19 is a great example of moving from w \_\_\_\_\_ to  
w \_\_\_\_\_.

## Word Search - Philippians 4:4-7 NLT

V S T D N A T S R E D N U P L A  
L Y G Y P R A Y M T S U X O E N  
A C P D R E M E M B E R R X A Y  
G N I H T Y R E V E V D P L X T  
I Y N E E D R N V E P E W C L H  
E R C P L T V J V T R A R L L I  
C G U A R D A E N I Y E L E E N  
A G V T A I R R E S J U H V T G  
E S A B H Y N N E O F E H I J S  
P H O H O A C S I D A O V L D G  
W U R N W E N C T R I K J E I E  
T S E O X H E K T E N S E B C X  
A M I N D S I S X O A C N U W D  
N D D N E H T C O S X D A O K O  
E N I A G A V S H E L X R D C N  
G C J Y R R O W C O M I N G A E

ABOUT	FULL	REMEMBER
AGAIN	GUARD	SOON
ALWAYS	HEARTS	TELL
ANYTHING	INSTEAD	THANK
COMING	LIVE	THEN
CONSIDERATE	LORD	UNDERSTAND
DONE	MINDS	WHAT
EVERYONE	NEED	WHICH
EVERYTHING	PEACE	WORRY
EXCEEDS	PRAY	
EXPERIENCE	REJOICE	



# From Worry to Worship



*“Therefore I tell you, do not worry about your life...”  
(Matthew 6:25)*