

## Your Story Matters – Week 6

### Read the Bible to Your Fear

1. \_\_\_\_\_ is a meteor shower of what-ifs.
2. Anxiety and fear are cousins but they aren't twins. Fear sees a threat. Anxiety \_\_\_\_\_ one.
3. Jesus tells us in Matthew 6 to \_\_\_\_\_ being worried or anxious.
4. The Greek word for worry is translated to \_\_\_\_\_.
5. We can assume that worry pulls us \_\_\_\_\_.
6. Trust means to be gathered \_\_\_\_\_, to be joined, to twist together.
7. \_\_\_\_\_ is the key. *The antidote to fear is faith, and the soundtrack of faith is worship.*

#### **3 Words that point the way to living a life of victory over worry:**

8. \_\_\_\_\_. We trust God to meet our needs as stated in Matthew 6:30.
9. We know our loving Heavenly \_\_\_\_\_ cares for His children based on what Jesus says in Matthew 6:32. (Oh Lord: you KNOW!)
10. Putting God \_\_\_\_\_ in our lives and pursuing His will first where He gets the glory, enables us to be freed up from concern. We glean this from Matthew 6:33.
11. Our anxiety decreases as our understanding of our Heavenly Father \_\_\_\_\_.
12. Jesus attacks anxiety with \_\_\_\_\_, facts, promises and reason.
13. Jesus must believe that His word given to our souls will have an emotional and physical \_\_\_\_\_.
14. Truth is meant to be \_\_\_\_\_ and trusted---this is faith! The just shall live by faith!

<sup>21</sup> This I recall to my mind,  
Therefore I have hope.

<sup>22</sup> The LORD's lovingkindnesses indeed never cease,  
For His compassions never fail.

<sup>23</sup> *They* are new every morning;  
Great is Your faithfulness.

<sup>24</sup> "The LORD is my portion," says my soul,  
"Therefore I have hope in Him."

<sup>25</sup> The LORD is good to those who wait for Him,  
To the person who seeks Him.

<sup>26</sup> *It is good that he waits silently*  
For the salvation of the LORD. (Lamentations 3:21-26 NASB)

#### **Week-long Anti-Worry Challenge:**

- 1) List out 10 things you can thank God for each day.
- 2) List out 3 reasons you can praise God. (His character; who He is to you)
- 3) Read this Matthew 6 passage every night before you go to bed! Read the Bible to your fear/anxiety!