



WORRY

Cast all your anxiety on Him
because He cares for you.

1 PETER 5:7



It's easy to worry! But God has told us not to worry. In fact, he told us to give those worries to Him. Why? Because there will never be anything to worry about that God doesn't know about and have control on. God is always in control. No matter what is bothering us, we can always know that God has a plan, and the plan is better than anything we could ever imagine. When we begin to worry, we can remind ourselves that God has it all under control and trust him to give us peace and freedom from worrying.

**Psalm 23:4, Psalm 56:3, Isaiah 26:3, John 14:27,
Philippians 4:6-7, 2 Thessalonians 3:16, Genesis 9:17**

