

How To Live Worry Free

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1 Peter 5:6-7, Romans 8:32,
Psalms 55:22, Proverbs 3:5-6,
Philippians 4:6-8, Matthew 6:25-34,

**You do not
have to
worry**

**Worry to
torment ones
self with
anxious
thoughts**

**It will hinder
you from
spiritual
growth**

**God wants you
to be free from
worry and
stress**

1 Peter 5:6

**Humble yourselves
therefore under the
mighty hand of God,
that he may exalt you in
due time:**

1 Peter 5:7

**Casting all your
care upon him; for
he careth for you.**

**1. Cast your
cares on the
Lord**

**Worry is a sure
sign that we are
not giving our
cares to Him**

Daily Confession

**I don't have a
care in this world
because I cast all
my cares on Him**

Romans 8:32

**He that spared not his own
Son, but delivered him up
for us all, how shall he not
with him also freely give us
all things?**

**You can live a
care free life.**

**You can receive
your healing**

**We are not
designed to
carry worry
anxiety and
fretting**

**Once you do that
changes will start
to take place,
problems you have
worried about will
be solved**

**God will not
take your cares
from you, you
have to give
them to Him**

Psalms 55:22

**Cast thy burden upon
the LORD, and he shall
sustain thee: he shall
never suffer the
righteous to be moved.**

Proverbs 3:5

**Trust in the LORD with
all thine heart; and
lean not unto thine
own understanding.**

Proverbs 3:6

**In all thy ways
acknowledge him,
and he shall direct
thy paths.**

2. Trust in Him

**Worry comes when
we face situations
and choose to stay
in our own
strength instead of
casting on Him**

Philippians 4:6

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.

Philippians 4:7

**And the peace of God,
which passeth all
understanding, shall keep
your hearts and minds
through Christ Jesus.**

Philippians 4:8

Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

3. Pray

**Prayers are to be
made with
thanksgiving. When
we pray without
thanksgiving it is
complaining**

**Get your
eyes off your
lack**

**Your faith
confession will
bring
possession to
live worry free**

Matthew 6:25

Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?

Matthew 6:26

Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they?

Matthew 6:27

**Which of you by
taking thought can
add one cubit unto
his stature?**

Matthew 6:28

**And why take ye thought
for raiment? Consider the
lilies of the field, how they
grow; they toil not, neither
do they spin:**

Matthew 6:29

**And yet I say unto you,
That even Solomon in all
his glory was not
arrayed like one of
these.**

Matthew 6:30

**Wherefore, if God so clothe the
grass of the field, which to day
is, and to morrow is cast into
the oven, shall he not much
more clothe you, O ye of little
faith?**

Matthew 6:31

**Wherefore, if God so clothe the
grass of the field, which to day
is, and to morrow is cast into
the oven, shall he not much
more clothe you, O ye of little
faith?**

Matthew 6:32

**(For after all these things
do the Gentiles seek:)
for your heavenly Father
knoweth that ye have
need of all these things.**

Matthew 6:33

But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

Matthew 6:34

Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.

4. Seek God