



IQUIT!

I Quit:

Lying

I Quit:

Blaming

I Quit:

Negative
Thinking

I Quit:

Worry

Matthew 6:25

25“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes?”

Matthew 6:26

26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?

Matthew 6:27

27 Who of you by worrying can add a single hour to his life?

Matthew 6:28

28“And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin.

Matthew 6:29

29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these.

Matthew 6:30

30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith?

Matthew 6:31

31 So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?'

Matthew 6:32

32 For the pagans run after all these things, and your heavenly Father knows that you need them.

Matthew 6:33

33 But seek first his kingdom and his righteousness, and all these things will be given to you as well.

Matthew 6:34

34Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

3 Ideas To Win The Battle Against Worry

1. Test Your Worries

3 Ideas To Win The Battle Against Worry

**2. Trust Your
Heavenly Father**

3 Ideas To Win The Battle Against Worry

3. Transfer Your Priorities



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