The Weight of Worry

Proverbs 12:25 NIV Anxiety weighs down the heart,but a kind word cheers it up. Lesson Aim: Drop worry and pick up faith

Matthew 11:28 NIV "Come to me,all you who are weary and burdened,and I will give you rest." Matthew 11:28 KJV "Come unto me, all ye that labour and are heavy laden, and I will give you rest."

1. What did God say to you concerning worry? Search the scriptures and write them down.

2. Define weight and worry.

3. Write in your own words a declaration declaring that you will stop worrying and increase in faith.

Psalm 34:17-19
Psalm 55:22
Psalm 94:19
Proverbs 17:22
Proverbs 12:25
Isaiah 40:30-31
Matthew 6:25-34

Proverbs 3:5-6 Psalm 61:3 1 Peter 5:6-8 Colossians 3:15 John 14:27 Matthew 11:28-30