

## EMOTE CONTROL – PART 6 – OVERCOMING FEAR, WORRY AND ANXIETY



*Matthew 6:25-34; Matthew 10:26-33*

### 1) FEAR, WORRY AND ANXIETY ARE \_\_\_\_\_ EMOTIONS

a) The source of fear, worry and anxiety is \_\_\_\_\_.

*(Romans 14:23)*

b) We don't accept God's \_\_\_\_\_ in our lives.

### 2) OVERCOMING FEAR, WORRY AND ANXIETY

a) P \_\_\_\_\_

*(2Timothy 1:7; Romans 8:15; Proverbs 18:10; Psalm 56:3; Psalm 56:8-11; Romans 8:28-29; Psalm 94:19,22; 1Peter 5:7)*

b) P \_\_\_\_\_

*(Philippians 4:6-7)*

### REFLECT

- *How have I manifested unbelief recently by giving in to fear, worry and anxiety?*
- *Do I believe in God's providential care for me? What area of my life do I struggle believing this?*
- *What promises do I need to profess over a circumstance I am going through right now?*