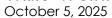
## am i the only one who worries?





"I am leaving you with a gift - peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid."

John 14:27 (NLT)

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Fear	·
you sent us to expl with milk and hone are large and fortif	(NLT) – "This was their report to Moses: "We entered the land ore, and it is indeed a bountiful country - a land flowing by. But the people living there are powerful, and their townsfied. We even saw giants there. But Caleb tried to quiet the od before Moses. "Let's go at once to take the land," he tainly conquer it!""
Proverbs 12:25 (NLT) cheers a person up	– "Worry weighs a person down; an encouraging word o."
of the Lord and wo that had to be dor bother you that my come and help me and upset about so	- "Martha had a sister named Mary, who sat down in front as listening to what he said. Martha was worried about all ne. Finally, she went to Jesus and said, "Lord, doesn't it y sister has left me to do all the work by myself? Tell her to e!" The Lord answered, "Martha, Martha! You are worried o many things, but only one thing is necessary. Mary has st, and it will not be taken away from her.""
	Tell fearful souls, "Have courage! Take heart! GOD is here, ray to put things right and redress all wrongs. He's on his u!""
	- "God did not give us a spirit of fear. He gave us a spirit of and of a good mind."
NOTES:	

2.	Fear
	Matthew 6:27, 31-34 (GW) – "Can any of you add a single hour to your life by worrying? 'What are we going to eat?' or 'What are we going to drink?' or 'What are we going to wear?' Everyone is concerned about these things, and your heavenly Father certainly knows you need all of them. But first, be concerned about his kingdom and what has his approval. Then all these things will be provided for you. So don't ever worry about tomorrow. After all, tomorrow will worry about itself. Each day has enough trouble of its own."
	1 Peter 5:6-7 (NLT) – "So humble yourselves under the mighty power of God, and at the right time he will lift you up in honor. Give all your worries and cares to God, for he cares about you."
	Philippians 4:6-7 (CEV) – "Don't worry about anything, but pray about everything. With thankful hearts offer up your prayers and requests to God. Then, because you belong to Christ Jesus, God will bless you with peace that no one can completely understand. And this peace will control the way you think and feel."
	Psalm 46:1-2 <sup>(GNT)</sup> – "God is our shelter and strength, always ready to help in times of trouble. So, we will not be afraid, even if the earth is shaken and mountains fall into the ocean depths."
3.	Fear shrinks when you
	John 14:27 $^{(NLT)}$ – "I am leaving you with a gift - peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid."
	Psalm 56:3 (NIV) – "When I am afraid, I put my trust in you."
	Isaiah 41:10 <sup>(GNT)</sup> – "Do not be afraid I am with you! I am your God let nothing terrify you! I will make you strong and help you; I will protect you and save you."
	Psalm 23:4 $^{(NKJV)}$ – "Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me."
	"Come to me, all of you who are weary and carry heavy burdens, and I will give you rest."
	Matthew 11:28 (NLT)