

am i the only one who worries?

October 5, 2025



"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)

facts about fear

1. Fear _____.

Numbers 13:27-30 (NLT) – "This was their report to Moses: "We entered the land you sent us to explore, and it is indeed a bountiful country - a land flowing with milk and honey. But the people living there are powerful, and their towns are large and fortified. We even saw giants there. But Caleb tried to quiet the people as they stood before Moses. "Let's go at once to take the land," he said. "We can certainly conquer it!""

Proverbs 12:25 (NLT) – "Worry weighs a person down; an encouraging word cheers a person up."

Luke 10:39-42 (CEV) – "Martha had a sister named Mary, who sat down in front of the Lord and was listening to what he said. Martha was worried about all that had to be done. Finally, she went to Jesus and said, "Lord, doesn't it bother you that my sister has left me to do all the work by myself? Tell her to come and help me!" The Lord answered, "Martha, Martha! You are worried and upset about so many things, but only one thing is necessary. Mary has chosen what is best, and it will not be taken away from her.""

Isaiah 35:4 (MSG) – "Tell fearful souls, "Have courage! Take heart! GOD is here, right here, on his way to put things right and redress all wrongs. He's on his way! He'll save you!"

2 Timothy 1:7 (NLT) – "God did not give us a spirit of fear. He gave us a spirit of power and of love 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."

Psalms 46:1-2 (GNT) – "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."

Psalms 56:3 (NIV) – "When I am afraid, I put my trust in you."

Isaiah 41:10 (GNT) – "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."

Psalms 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)

NOTES:
