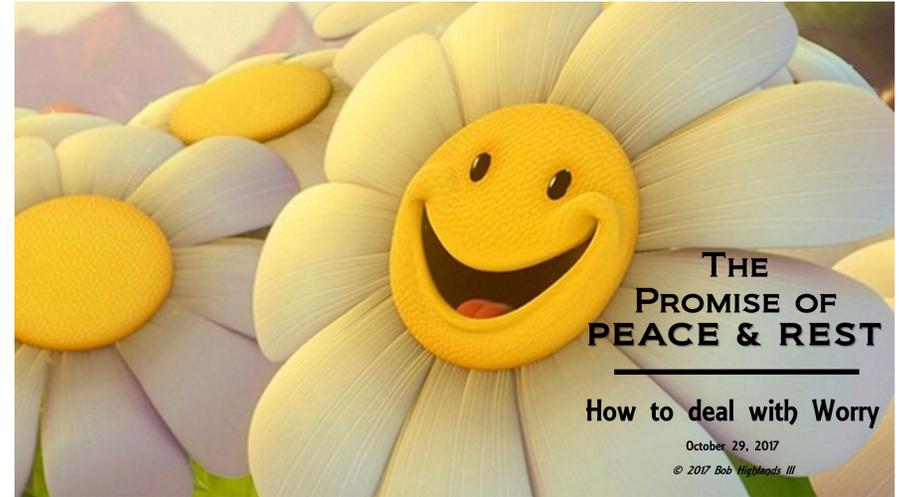


3 STEPS TO REPLACE _____ WITH _____.

- ◆ "Come to _____, all of you who are weary and carry heavy burdens, and _____ will give you rest. Take _____ yoke upon you. Let _____ teach you, because _____ am humble and gentle at heart, and you will find rest for your souls. For _____ yoke is easy to bear, and the burden _____ give you is light."
Matthew 11. 28-30 NLT
- ◆ All the _____, with HEAVY _____
- ◆ Choose _____ over _____ and then:
 - ◇ _____ UP: Come to Me
 - ◇ _____ UP: Take my yoke
 - ◇ _____ UP: Let Me teach you

WORRY _____ LIVING

- ◆ "But blessed are those who trust in the _____ and have made the _____ their hope and confidence. They are like trees planted along a riverbank, with roots that reach deep into the water. Such trees are not bothered by the heat or worried by long months of drought. Their leaves stay green, and they never stop producing fruit. Jeremiah 17.7-8
- ◆ Keep your _____ in the RIGHT PLACE
- ◆ Put down _____ before the TOUGH TIMES.
 - ◇ Don't _____ be _____ ! Phil. 4.4
 - ◇ Don't _____ about the HEAT or DROUGHT
 - ◇ _____ your deep connections to the _____ who is your _____ and has PROMISED _____ & _____.



THINGS THAT MAKE YOUR COMPUTER _____

- ◆ Computer _____
- ◆ Computer HACKING
- ◆ Computer HI-JACKING
- ◆ Computer MALWARE
- ◆ Computer _____
- ◆ Computer SPYWARE
- ◆ Computer CRIMEWARE
- ◆ Computer ADWARE
- ◆ Computer WORMS
- ◆ Computer _____

WHAT DID JESUS SAY ABOUT _____?

- ◆ I say to you, _____ BE _____ about your life, as to what you will eat or what you will drink; nor for your body, as to what you will put on. Is not life more than food, and the body more than clothing? Matthew 6.25
- ◆ Around _____ of worries are about the present or the future
- ◆ Most people worry at _____ (65%)
- ◆ over 50% of those who worried at home did so in the _____!
- ◆ 55% said between 9pm at _____ and 3am in the morning was their principal _____ time.

WHAT ARE THE _____ OF WORRY?

- ◆ “And who of you by being _____ can add a single hour to his life? Matthew 6.27
- ◆ Jesus showed us it was a _____ and not a _____ when we worry.
- ◆ There are no long term _____ to worrying.
- ◆ Worry _____ a person down; Proverbs 12.25 NLT
- ◆ The _____ states the _____ but what do we do about worry?

WHAT DID JESUS SAY ABOUT _____ WORRY?

- ◆ “So _____ about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own. Matthew 6.34
- ◆ To get the benefits of the _____ of Jesus we need to follow the _____ (commands) he has given us.
- ◆ Stop worrying about what can go _____ and start focusing on what can go _____.
- ◆ Corrie Ten Boom said, “Worrying does not empty tomorrow of its _____, it empties today of its _____.”

REPLACE WORRY WITH _____

- ◆ “Come to Me, all who are weary and heavy-laden, and I WILL _____ YOU REST. “Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and YOU WILL _____ REST FOR YOUR SOULS. “For My yoke is easy and My burden is light.” Matthew 11.28-30
- ◆ Remember Jesus is a _____ Maker and Jesus is a _____ Keeper.
- ◆ According to Jesus there are two ways to _____
 - ◇ Jesus can just _____ you _____
 - ◇ Jesus can help you to _____

REPLACE WORRY WITH _____

- ◆ Don't _____ about anything; instead, _____ about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's _____, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. Philippians 4.6-7 NLT



- ◆ _____ replaced by _____ = _____

GIVE YOUR WORRIES _____



- ◆ _____ all your _____ and cares to God, for he cares about you. 1 Peter 5.7 NLT
- ◇ God _____ your worries, so what is stopping you from giving them to him?
- ◆ “Yes, I am the vine; you are the branches. Those who _____ in me, and I in them, will produce much fruit. For apart from me you can do nothing. John 15.5 NLT
- ◇ Remember He is your _____ and _____. Replace the time spent worrying with time with _____.
- ◆ _____ your burden on the Lord, and he will sustain you; he will never permit the righteous to be moved. Psalms 55.22 ESV
 - ◇ Give God the _____ and He will replace them with _____ which will make you stronger.