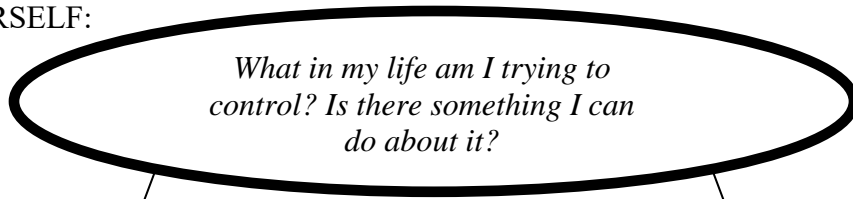


The following is a great tool to use when you find yourself worried. It is easy to remember, and before you know it, you'll be running this "test" in your mind quickly and put an end to unnecessary stress!

ASK YOURSELF:



YES!

NO!

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I Peter 1:13- Therefore, prepare your minds for **action**; be **self-controlled**; set your **hope** fully on the grace to be given you when Jesus Christ is revealed.

TO DO LIST:

- Take action.
- Have self control.
- Hope.

Matthew 6:30-34-...O you of little faith? So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and **your heavenly Father knows** that you need them. But **seek first his kingdom** and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

TO DO LIST:

- Trust God.
- Seek first His Kingdom.

Reminder:

- Worry is not passive. It is an action requiring energy.
- Neither is Trust passive. In order to trust, you must also be intentional!