



- _____ and worry cannot dwell together.
- The word “worry” comes from an Anglo-Saxon word that means “to choke or strangle.”
- If you are to build a stronger faith in troubled times, you must overcome worry. But how do you do it?

**First, you must learn to _____ eternally.
vs. 33-34**

- *“If ye then be risen with Christ, seek those things which are above, where Christ sitteth on the right hand of God. Set your affection on things above, not on things on the earth.” Colossians 3:1-2*
- Our problem is that we think from an _____ viewpoint instead of from an eternal perspective. We pour our lives into things of _____ eternal consequence and it leads to stress and worry.

**Second, you must understand your _____
to God. vs. 6-7, 24**

- If you are saved by God’s grace, you have been placed in the family of God and you are a child of the living God.
- *“For we are members of his body, of his flesh, and of his bones.” Ephesians 5:30*

- You are no longer an _____ of God, but a child of God. You are **in Christ**, *“accepted in the beloved.”*
- *“Now our Lord Jesus Christ himself, and God, even our Father, which hath loved us, and hath given us everlasting consolation and good hope through grace, Comfort your hearts, and stablish you in every good word and work.”* **2 Thessalonians 2:16-17**

**Third, seeking God must become _____
place in your life. vs. 29-31**

- God wants to see your _____ in love with Him and seeking Him.
- *“I sought the Lord, and he heard me, and delivered me from all my fears.”* **Psalm 34:4**
- Is your heart full of worry and fear? Ask yourself this question: How much _____ did I spend seeking God this past week?