

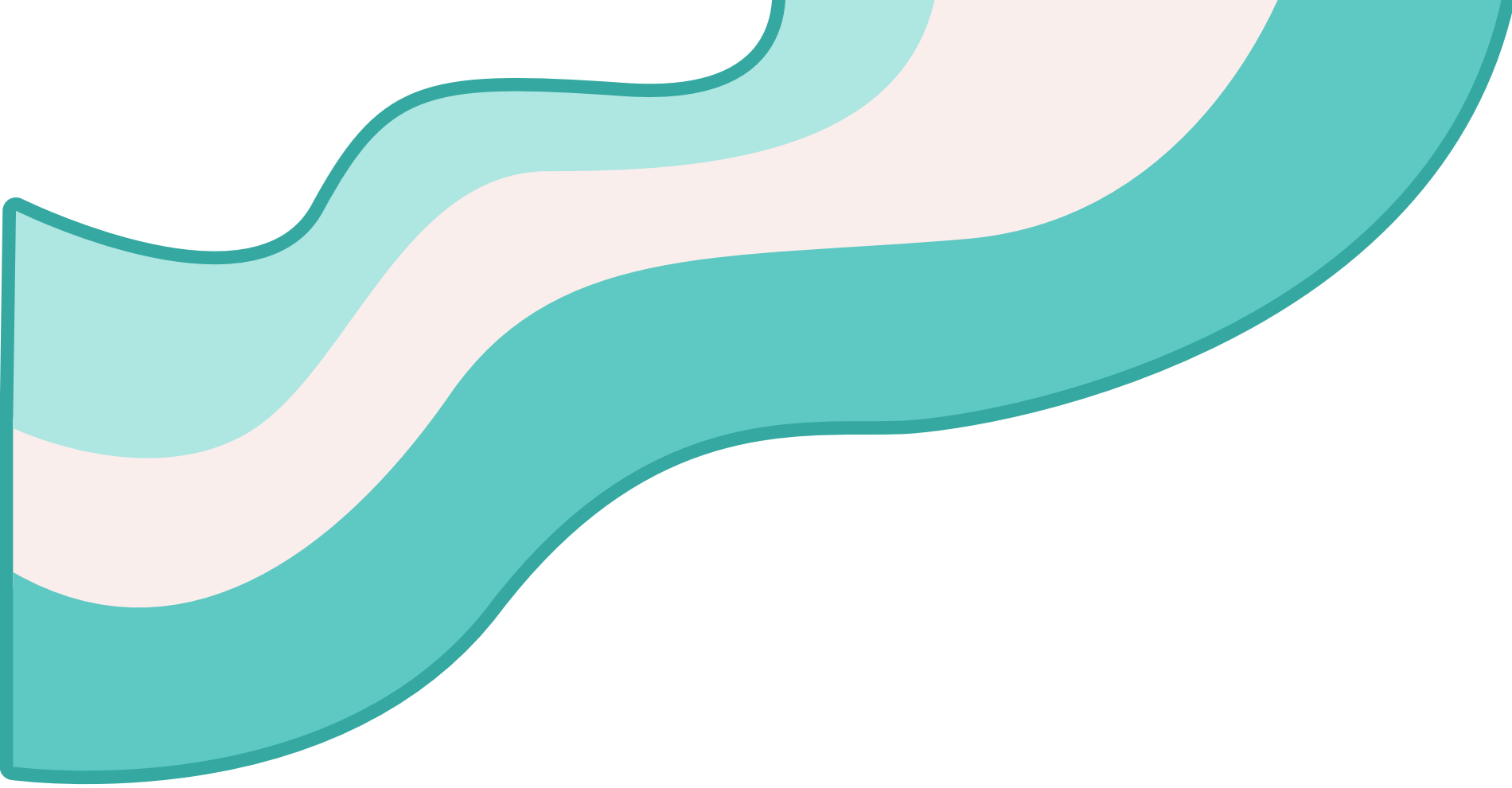


**HOW TO  
KICK WORRY  
TO THE CURB  
TODAY!**



**RECOGNIZE FEAR  
AND  
REPLACE IT WITH  
TRUTH**





## **FEAR:**

I will be rejected.

## **TRUTH:**

The Lord hears his people when they call to him for help. He rescues them from all their troubles. The Lord is close to the brokenhearted; he rescues those whose spirits are crushed. The righteous person faces many troubles, but the Lord comes to the rescue each time. For the Lord protects the bones of the righteous; not one of them is broken!

Psalm 34:17-20





## **FEAR:**

I will fail.

## **TRUTH:**

I waited patiently for the Lord to help me, and he turned to me and heard my cry. He lifted me out of the pit of despair, out of the mud and the mire. He set my feet on solid ground and steadied me as I walked along. He has given me a new song to sing, a hymn of praise to our God. Many will see what he has done and be amazed. They will put their trust in the Lord.

Psalm 40:1-3





## **FEAR:**

I will be alone.

## **TRUTH:**

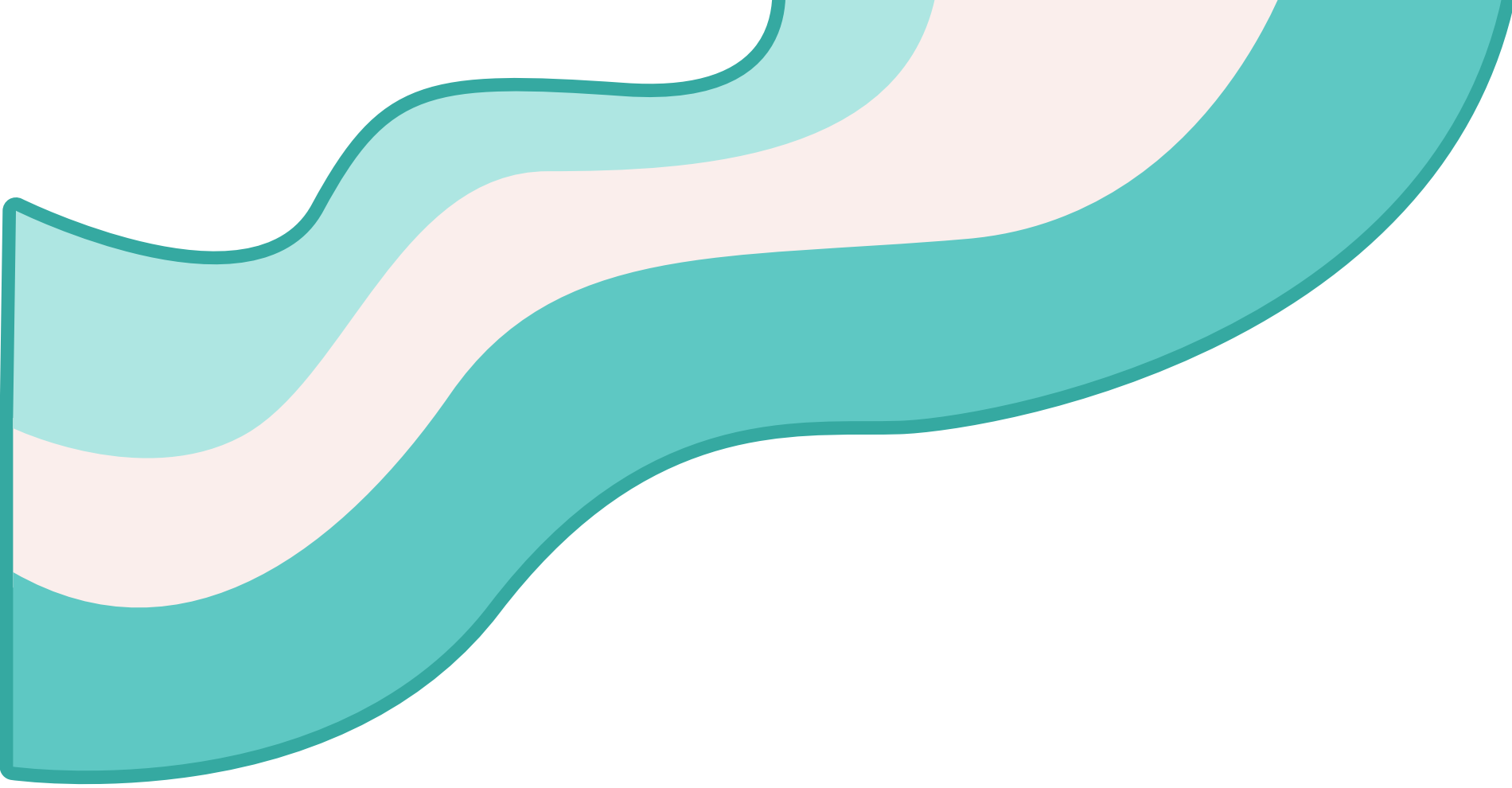
Don't be afraid, for I am with you. Don't be discouraged, for I am your God.

Isaiah 41:10

When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up.

Isaiah 43:2





## **FEAR:**

I won't be loved.

## **TRUTH:**

Even if my father and mother abandon me, the Lord will hold me close.

Psalms 27:10

But God showed his great love for us by sending Christ to die for us while we were still sinners.

Romans 5:8





## **FEAR:**

God doesn't care.

## **TRUTH:**

Give all your worries and cares to God, for he cares about you.

1 Peter 5:7

This is what the Lord, the God of your ancestor David, says: I have heard your prayer and seen your tears. I will add fifteen years to your life.

Isaiah 38:5





## **FEAR:**

God isn't good.

## **TRUTH:**

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

The Lord is good, a strong refuge when trouble comes. He is close to those who trust in him.

Nahum 1:7







## **FEAR:**

God can't handle what I'm dealing with.

## **TRUTH:**

Now all glory to God, who is able, through his mighty power at work within us, to accomplish infinitely more than we might ask or think.

Ephesians 3:20

Jesus looked at them intently and said, "Humanly speaking, it is impossible. But with God everything is possible."

Matthew 19:26

