

## Biblical remedies for **WORRY:**

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- Choose the better, listen to His Word  
(Luke 10:41-42)
- Trust in God, Put your confidence in Him  
(Jeremiah 15:7-8)
- Pray (Philippians 4:6,7)
- Cast your concerns on Christ (1 Peter 5:7)
- Consider the birds  
- God is sovereign  
- He cares for you  
(Mt 6:25-34; Lk 12:22-28)
- Make your thoughts obedient to Christ  
(2 Corinthians 10:5)
- Decide beforehand not to worry (Luke 24:14)



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