


<sup>33</sup>But seek first the kingdom of God and his righteousness, and all these things will be added to you.  
<sup>34</sup>Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

freedom from worry

Give no thought...



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**BAND OF BROTHERS**


Therefore do not be anxious, saying, "What shall we eat?" or "What shall we drink?" or "What shall we wear?"

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Worried about Money?

- Worry Themes
- Near Misses
- Consequences
- Worry Rules
- Golden Rules

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Do not worry...

Don't panic!!!

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Give Worry a SLAP

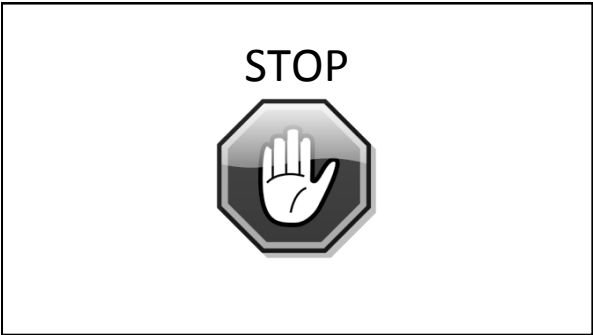
**S** Stand back

**L** Label

**A**

**P**

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Solvable...

1. Define the problem
2. Brainstorm solutions
3. Assess pros and cons
4. Choose a solution
5. Overcome some barriers
6. Do it!
7. Reflect on what happened

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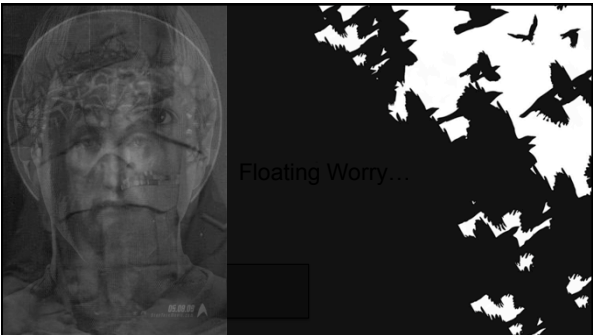


Mind and Soul: [www.mindandsoul.info](http://www.mindandsoul.info)

Articles, Blogs, Audio, Video, Events

The Worry Book – Autumn 2011, IVP

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Give Worry a SLAP

- S** Stand back
- L** Label
- A** Act
- P** Pray

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<sup>24</sup>Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.

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Blessed are the poor in spirit, for theirs is the Kingdom of heaven... Blessed are those who hunger and thirst for righteousness, for they shall be satisfied...

Matthew 5v3-6

Ask and it shall be given to you, seek and you shall find, knock at the door will be opened to you


Matthew 7v7

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Oh you of little faith...

Matthew 6v30

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Give Worry a SLAP

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