



## You are a Body, Soul, and Spirit

1. Worry happens in your \_\_\_\_\_, stress happens in your \_\_\_\_\_, and anxiety affects your body, soul, and spirit.
2. Somehow, the soul, spirit, emotions, conscience, will, and mind are connected and interrelated.

“Our lives are always moving in the direction of our strongest thoughts. What we think shapes who we are.” *Craig Groeschel*

## How Can We Overcome Worry, Stress, and Anxiety?

1. \_\_\_\_\_ what God wants you to control.  
*Matthew 6:25-34*
2. Rest in the \_\_\_\_\_ of God.  
*Romans 8:28*
  - The sovereignty of God refers to the fact that God is in complete control of the universe.
  - a. The sovereignty of God impacts everyday life in that it removes all cause for \_\_\_\_\_.
  - b. The sovereignty of God impacts everyday life in that we can trust God's \_\_\_\_\_ in us.
  - c. The sovereignty of God also affects how we make decisions.
  - d. That God is sovereign impacts our sense of \_\_\_\_\_.
3. Replace the \_\_\_\_\_ with God's Truth.  
*2 Timothy 3:16-17; Philippians 4:6-9*
3. Get \_\_\_\_\_.  
*Psalms 23*