

# WELCOME TO HAVEN

February 4, 2024

Welcome

Worship Songs

*"Graves Into Gardens"*

*"Your Grace is Enough"*

Prayer

Scripture for Today

*Matthew 6:25 (NIV)*

Message

*"FPOM: I'm So Worried...Why?"*

*Jack D. Cohen*

Offering/Worship Song

*"Holy Spirit"*

\*Closing

*Finding Peace of Mind*  
*Find (your) Peace of Mind*

FINDING PEACE OF MIND

I'M SO WORRIED...WHY?

**WORRYWARTS**

- About \_\_\_\_\_% of adults in the United States struggle with worry & stress *daily*
- We tend to experience \_\_\_\_\_ in our \_\_\_\_\_
- We generally experience \_\_\_\_\_ in our \_\_\_\_\_

**SIX BIGGEST AREAS OF WORRY – MATTHEW 6**

“Therefore I tell you, do not worry ...” – Matthew 6:25

■ \_\_\_\_\_

“... You cannot serve both God and money.” – Matthew 6:24

■ \_\_\_\_\_

“Therefore I tell you, do not worry about your life, what you will eat or drink;...” – Matthew 6:25

■ \_\_\_\_\_

“Therefore I tell you, do not worry about your life,...or about your body,...” – Matthew 6:25

■ \_\_\_\_\_

“Therefore I tell you, do not worry about your life...what you will wear...” – Matthew 6:25

■ \_\_\_\_\_

“Therefore do not worry about tomorrow, for tomorrow will worry about itself. ...” – Matthew 6:34

■ \_\_\_\_\_

“Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?” – Matthew 6:26

○ Concern focuses on \_\_\_\_\_ and moves you to \_\_\_\_\_

○ Worry focuses on what’s \_\_\_\_\_ and results in \_\_\_\_\_

“Can any one of you by worrying add a single hour to your life?” – Matthew 6:27

**WHAT YOU ARE WORRIED ABOUT TODAY...**

■ May \_\_\_\_\_

■ May happen & \_\_\_\_\_

■ May happen & \_\_\_\_\_

“The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me....” – Psalm 23 1-4 (ESV)