**HOW TO WIN OVER WORRY** Luke 10:40-42 (Proverbs 3:5-6) (TITLE SLIDE)

Worry: **PULLED APART IN EVERY DIRECTION** (Slide 1)

**I How to WIN** (Slide 2)

**II How to TRUST** (Slide 3)

**III How to COPE** (Slide 4)

**TRUST** in the Lord with all your **HEART** and **LEAN** not on your own **UNDERSTANDING,** in all your ways **ACKNOWLEDGE** Him, and He will make your paths **STRAIGHT**  Proverbs 3:5-6 (Slide 5)

**QUESTION:**

What is the most **STRESSED FILLED** area of your life? (Slide 6)

**ANSWER:**

**DETERMINE** to **GIVE** it over to **HIM** (Slide 7)

A few years ago there was a popular song titled, “Don’t worry, be happy.” Sounds good. We all would love to follow that principle, however it’s the worry part that gets us. Today let’s talk about how to relieve stress, how to Biblically get rid of worries and live a lot longer and be a lot happier.