

# MESSAGE NOTES

Habits series: Worry

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Crossroads Christian Church

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Anxiety is the present emotion of inner \_\_\_\_\_ produced by the \_\_\_\_\_ of the future.

We carry around anxiety like a software virus. It subtly \_\_\_\_\_ and quietly keeps us from operating at our full speed.

Anxiety ultimately \_\_\_\_\_ us but \_\_\_\_\_ no one.

Anxiety \_\_\_\_\_ from carrying something you \_\_\_\_\_ to carry.

Because God \_\_\_\_\_, you can \_\_\_\_\_ your anxiety on Him.

Cast your anxiety on Him by \_\_\_\_\_ your \_\_\_\_\_ into \_\_\_\_\_.

Will you try to \_\_\_\_\_ your fears?

-or-

Will you be willing to \_\_\_\_\_ them on the One who \_\_\_\_\_ for you?

The \_\_\_\_\_ reminds us that He's \_\_\_\_\_ to carry us.

The \_\_\_\_\_ reminds us that He's \_\_\_\_\_ to carry us.

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