

Lesson 7

Trusting God with the What If's

Taken from *Calm my Anxious Heart* by Linda Dillow

When we turn to _____, strategies, intelligence, and manipulation, we are trusting in _____.

Our focus is on what we can _____ to get what we want rather than how we can _____.

When What If's comes into our lives, we must ask ourselves if we're going to _____ God by the _____ we don't understand or judge the circumstances in the light of the _____ of God.

Isaiah 41:10 declares, "So do not _____, for I am with you, do not be _____, for I am your God. I will strengthen you and help you, I will _____ you with my righteous right hand."

We can only _____ God when our focus is on Him, not on our _____.

Psalm 141:8 encourages us to fix our eyes on our _____ and take _____ in Him.

Psalm 112:7, says, "He will have no _____ of bad news; his heart is _____, trusting in the Lord."

Remember: _____ comes from a proper relationship to God, not from a response to the _____.

3 Step Plan to Deal with Worry

1. Ask yourself what is the worst that can possibly _____.
2. Prepare to _____ it if you have to.
3. Then calmly proceed to _____ on the worst.

Two Biblical examples of people who did this:

_____ and _____