**Toxic Emotions** (Series Graphic)

**Anger**

**Jealousy**

**Temptation**

**Laziness**

**Pride**

**Worry**

(Proverbs 12:25)

“Anxiety weighs down the heart…”

1. **Trust** in the God’s **provision**.

(Matthew 6:25-27)

“…**do not worry about your life**, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? 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?** Can anyone of you by worrying add a single hour to your life?”

(Matthew 6:28-30)

“And **why do you worry** about clothes? See how the flowers of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow thrown into the fire, **will he not** much more clothe you—**you of little faith**?”

(Matthew 6:31-34)

“So do not worry, saying, “What shall we eat” or “What shall we drink,” or “What shall we wear?” **For pagans run after all these things**, and your heavenly Father knows that you need them. **But seek first His kingdom** and his righteousness, **and all these things will be given to you** as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

**Worry** is **me** trying to **control me**. **Trust** is faith that **God is in control**.

1. **Pray** and **seek** the God’s **peace**.

(Philippians 4:6)

“**Do not be anxious about anything**, but in every situation, by **prayer** and **petition**, with **thanksgiving**, present your requests to God. And **the peace of God**, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

**Prayer** leads to **peace**.

1. **Focus** on the Lord’s **promises**.

(Isaiah 41:10)

“So **do not fear**, for **I am with you**; and do not be dismayed, **for I am your God**. I will **strengthen** you and **help** you; I will **uphold** you with my righteous hand.”

Focused faith **shrinks my problems** and **magnifies God’s promises**.

(1 Peter 5:7)

"Cast all your anxiety on him because **he cares** for you."