

**Defeating Worry**  
**Philippians 4:6-7**

Step #1 – Don't worry about anything.

5 reasons why worrying is worthless.

- 1. It is unreasonable to worry.**
- 2. It is unnatural to worry.**
- 3. It is unhealthy to worry.**
- 4. It is unhelpful to worry.**
- 5. It is unnecessary to worry.**

Step #2 - Talk to God about everything.

Step #3 - Thank God in all things.