



Common **Problems.** Uncommon **Solutions.**

## Life Hacks: Hacking Worry & Stress (Bible Verses From Message)

*“That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn’t life more than food, and your body more than clothing? Look at the birds. They don’t plant or harvest or store food in barns, for your heavenly Father feeds them. And aren’t you far more valuable to him than they are? Can all your worries add a single moment to your life? So don’t worry about these things, saying, ‘What will we eat? What will we drink? What will we wear?’ These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.”*

**Matthew 6:25-27, 31-33 (NLT)**

*Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take.* **Proverbs 3:5-6 (NLT)**

*God is no mere human! He doesn’t tell lies or change his mind. God always keeps his promises.*

**Numbers 23:19 (CEV)**

*Heaven and earth may disappear. But I promise you that not even a period or comma will ever disappear from the Law. Everything written in it must happen.*

**Matthew 5:18 (CEV)**

*Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take.* **Proverbs 3:5-6 (NLT)**

So we don't look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see will last forever. **2 Corinthians 4:18 (NLT)**

The grass dries up; the flower withers, but our God's word will exist forever. **Isaiah 40:8 (CEB)**

"For the eyes of the Lord are on the righteous and his ears are attentive to their prayer, but the face of the Lord is against those who do evil." **1 Peter 3:12 (NIV)**

You can ask for anything in my name, and I will do it, so that the Son can bring glory to the Father. Yes, ask me for anything in my name, and I will do it! **John 14:13-14 (NLT)**

This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. **1 John 5:14 (NIV)**

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." **Matthew 11:28-30 (NIV)**