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presents:

Art, Poetry

&

Inspiration Mondays



**Worry**

Featuring:

Original poetry by Latisha Greaves-Barker,  
a wordsearch, quotes, bible verses and song lyrics  
about the word worry and why we shouldn't.

# Worry

Worry can't change things  
Fix things or make things better  
It doesn't add to your life in anyway  
Unless it's to give you an ulcer

So why worry?  
Don't ask me  
Why do I do it?  
Worry does absolutely nothing for me

Why do I worry and make such a fuss?  
When I know God's got a plan for us

Worry doesn't add at all to my days  
In fact, my blood pressure it raise

Truth is, why worry?  
When you know God is working it out  
and out of your problems a stronger you will sprout

No matter the problem, God's got a solution  
So don't fall for the devil's persecution

Worry is fear's cousin  
And you know how these naughty cousins play  
Pulling pranks, telling lies  
Twisting the truth everyday

They make things seem so much worst than they really are  
Let faith lead your heart  
Let it be your guiding star

Don't fret, don't worry about a thing  
Life will bring what it brings

Written by Latisha J Greaves- Barker  
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# Another Bridge Crossed

He was a wise man  
With many wise things to say  
He had many proverbs, verses and sayings  
to help me through the day

One of the things I'd remember him say  
"We'll cross that bridge when we get there"  
What does that mean I'd ask and he'd say  
"Don't worry about tomorrow or dwell on yesterday"

But I have to admit sometimes I do worry  
And wanted tomorrow to hurry, hurry  
Then when it came, it turned out that I had what I needed

So experience has taught me and his words I heeded  
I learnt not to worry as much as I use to  
But I'm only human; worry a little I still do

I'm teaching my children to trust in their Father  
That when the time came, He would give them the answer

So today another bridge we crossed  
And I learnt once again to trust  
In our Heavenly Father, it's a must, it's a must

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# Quotes about the word Worry

“Worrying is carrying tomorrow's load with today's strength- carrying two days at once. It is moving into tomorrow ahead of time. Worrying doesn't empty tomorrow of its sorrow, it empties today of its strength.”

Corrie ten Boom

“If a problem is fixable, if a situation is such that you can do something about it, then there is no need to worry. If it's not fixable, then there is no help in worrying. There is no benefit in worrying whatsoever.”

Dalai Lama XIV

How would your life be different if...You stopped worrying about things you can't control and started focusing on the things you can? Let today be the day...You free yourself from fruitless worry, seize the day and take effective action on things you can change.”

Steve Maraboli, *Life, the Truth, and Being Free*

“If you spent your life concentrating on what everyone else thought of you, would you forget who you really were?”

Jodi Picoult, *Nineteen Minutes*

“How can a person deal with anxiety? You might try what one fellow did. He worried so much that he decided to hire someone to do his worrying for him. He found a man who agreed to be his hired worrier for a salary of \$200,000 per year. After the man accepted the job, his first question to his boss was, "Where are you going to get \$200,000 per year?" To which the man responded, "That's your worry.”

Max Lucado

# What does the Bible Say about Worry?

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7

25 “Therefore I tell you, 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? 26 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? 27 Can any one of you by worrying add a single hour to your life?

28 “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? 31 So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

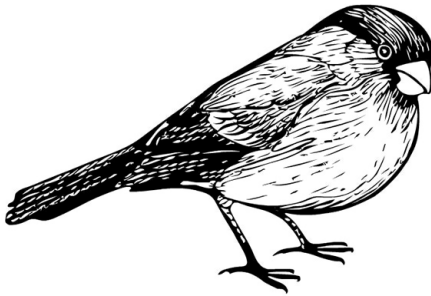
Matthew 6:25-34



## Three Little Birds

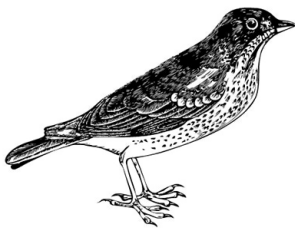
By Bob Marley & The Wailers, Bob Marley

"Don't worry about a thing,  
'Cause every little thing gonna be alright.  
Singing' "Don't worry about a thing,  
'Cause every little thing gonna be alright!"



Rise up this mornin',  
Smiled with the risin' sun,  
Three little birds  
Pitch by my doorstep  
Singin' sweet songs  
Of melodies pure and true,  
Saying', ("This is my message to you")

Singin' "Don't worry 'bout a thing,  
'Cause every little thing gonna be alright."  
Singing' "Don't worry (don't worry) 'bout a thing,  
'Cause every little thing gonna be alright!"



Rise up this mornin',  
Smiled with the risin' sun,  
Three little birds  
Pitch by my doorstep  
Singin' sweet songs  
Of melodies pure and true,  
Sayin', "This is my message to you"



Singin' "Don't worry about a thing, worry about a thing, oh!  
Every little thing gonna be alright. Don't worry!"  
Singin' "Don't worry about a thing" I won't worry!  
"Cause every little thing gonna be alright."

Singin' "Don't worry about a thing,  
'Cause every little thing gonna be alright" I won't worry!  
Singin' "Don't worry about a thing,  
Cause every little thing gonna be alright."  
Singin' "Don't worry about a thing, oh no!  
'Cause every little thing gonna be alright!"

Songwriters: BOB MARLEY  
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# Don't Worry, Be Happy

## By Bobby McFerrin

Here's a little song I wrote  
You might want to sing it note for note  
Don't worry, be happy  
In every life we have some trouble  
But when you worry you make it double  
Don't worry, be happy  
Don't worry, be happy now

[Chorus]

Don't worry, be happy  
Don't worry, be happy  
Don't worry, be happy  
Don't worry, be happy

Ain't got no place to lay your head  
Somebody came and took your bed  
Don't worry, be happy  
The landlord say your rent is late  
He may have to litigate  
Don't worry, be happy



[Chorus]

(Look at me, I'm happy, don't worry, be happy  
Here I give you my phone number, when you worry, call me,  
I make you happy, don't worry, be happy)  
Ain't got no cash, ain't got no style  
Ain't got no gal to make you smile  
Don't worry, be happy  
'Cause when you worry your face will frown  
And that will bring everybody down  
Don't worry, be happy



[Chorus]

(Don't worry, don't worry, don't do it  
Be happy, put a smile on your face  
Don't bring everybody down  
Don't worry, it will soon pass, whatever it is  
Don't worry, be happy  
I'm not worried, I'm happy)

Songwriters: MCFERRIN JR., ROBERT  
© Universal Music Publishing Group

# Doodle Page



Turn that Frown Upside Down



# Worry

h	p	b	r	n	r	g	l	e	o	s	t	r	a	e	h
t	t	n	e	w	o	n	r	e	g	n	o	r	t	s	r
r	r	g	a	o	s	i	h	t	i	a	f	a	m	d	s
o	b	t	n	d	o	d	t	p	u	i	t	s	a	r	r
u	w	e	f	e	r	n	s	a	d	p	o	n	e	o	h
b	n	y	d	d	r	a	t	s	c	p	x	w	f	p	b
l	y	o	e	i	o	t	a	t	e	i	o	s	r	r	r
e	r	e	s	s	w	s	s	r	o	l	p	r	e	i	
i	r	t	s	p	t	r	s	u	f	i	t	p	t	s	d
i	o	e	o	u	t	e	s	r	b	h	e	i	p	s	g
n	w	o	r	f	c	d	r	y	e	p	u	u	u	u	e
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o	'	s	t	i	a	u	p	e	a	p	e	a	c	e	f
w	n	i	b	u	r	d	e	n	p	y	e	c	y	d	w
t	o	m	o	r	r	o	w	p	p	r	o	b	l	e	m
n	d	m	a	t	t	h	e	w	y	r	t	g	l	u	r

Anxious  
Frown  
Crossed  
Peace  
Tomorrow  
Pressure  
Matthew  
Strength

Be Happy  
Bridge  
Supplication  
Faith  
Ulcer  
Flowers  
Burden

Don't Worry  
Prayer  
Problem  
Persecution  
Birds  
Sorrow  
Understanding

Philippians  
Upside Down  
Yesterday  
Hearts  
Fruitless  
Stronger  
Trouble

Made by



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