**PRISM Topic** – DO NOT FRET www.hearwelldone.org

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| **Fret**:  To distress ones-self. (devour)  Chafe, worry, brood, agitate, stew, kindle (cause to begin or continue  burning), to eat away, get worked up, lose sleep over, fume, disturb, cause to ripple, wear away. **Psalms 37:8** - Refrain from anger and turn from wrath; **do not fret** - it only leads to evil.**I Peter 5:6-8** - **Humble yourselves**, therefore under God's mighty hand, that he may lift you up in due time.  **Cast**  **all** your anxiety on him because he cares for you.  Be self-controlled and alert.  Your enemy the devil prowls  around like a roaring lion looking for someone to **devour**.  (cause to fret)**Philippians 4:6-8** - **Do not be anxious** about anything, but in everything, 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 minds in Christ Jesus.  Finally, brothers, whatever is true, whatever is noble, whatever is right,  whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - **think**  **about** such things. **Proverbs 68:19** - Praise be to the LORD!  To God our Savior who daily bears our burdens.**Proverbs 12:31** - But **whoever listens** to me **will live without worry** and will **be free from** the **dread** of disaster.**Isaiah 28:16** - This is what the Almighty LORD says; I am going to lay a rock in Zion, a rock that has been tested,  a precious cornerstone, a solid foundation.  **Whoever believes** in him **will not worry**. **Luke 10:41** - "Martha, Martha," the Lord answered, "you are **worried** and upset **about many things**," but **only one**  thing is needed.  Mary has chosen what is better, and it will not be taken away from her."**Luke 12:25-26** - Who of you by worrying can add a single hour to his life?  Since you cannot do this very little  thing, **why do you worry** about the rest?**Proverbs 24:19-20** - **Do not fret** because of evil men or be envious of the wicked, for the evil man has no future  hope, and the lamp of the wicked will be snuffed out. **Matthew 6:33-34** - 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. **Mark 4:19** - but the **worries** of this life, the deceitfulness of wealth and the desires for other things come in and  choke out the word, making it **unfruitful**.**Luke 21:34** - Be careful, or your hearts will be **weighed down** with dissipation, drunkenness, and the **anxieties** of  life, and that day will close on you unexpectedly like a trap. **Matthew 6:25-26** - "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 important than food, and the body more important 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? **Mark 13:11** - But whenever they lead you away and deliver you up, **take no thought beforehand** what you should  speak or think. But speak whatever **shall be given** to you in that hour.  For it is not you who speaks, but the  Holy Spirit.  |

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| **A PRISM Topic** is God’s Word on a single subject**. A Relationship Topic:** is a perspective from God’s Word on relationships. A **PRISM Topic Packet** is a grouping of PRISM or Relationship Topics of similar subjects… part of the **M: Meditate on the** **Word** of**PRISM** – (5 Things You Can Do Daily in God’s Word) - to transform **the way you think**. See [hearwelldone.org](http://www.hearwelldone.org) for PRISM Topics, Relationship Topics, or Packets. Take it with you! | **Ask God what PRISM Topic or Relationship Topic He wants you to meditate on today.** Take your PRISM Topic, Relationship Topic or Packet with you! Come back to them throughout the day!**“*It is to be with him, and he is to meditate on it day and night, so that he may learn to fear the LORD*…” - Deuteronomy 17:19** |