

Soul Garden: Worries that choke

By Brett Hilliard, January 25, 2026

Above all else, guard your heart, for everything you do flows from it.
Proverbs 4:23 NIV

...when you eat from it... you will be like God.
Genesis 3:5 NIV

False Need	God’s Character	Our Response
Control	Sovereign	<u>Trust</u> ✓
Perfection	Perfect	<u>Improve</u> ✓
Knowing the answer	All-knowing	<u>Learn</u> ✓
Being there for others	Everywhere	<u>Love with limitations</u> ✓
Approval	Righteous	<u>Rest in God’s approval</u> ✓

The Lord is near. Do not be anxious about anything.
Philippians 4:5-6 NIV

REFLECTION QUESTIONS

1. What is your chief worry? What person, issue, event gets more of your thought life than it should?
2. How can you re-program your worry cycle so that you recognise the nearness of God in your life?