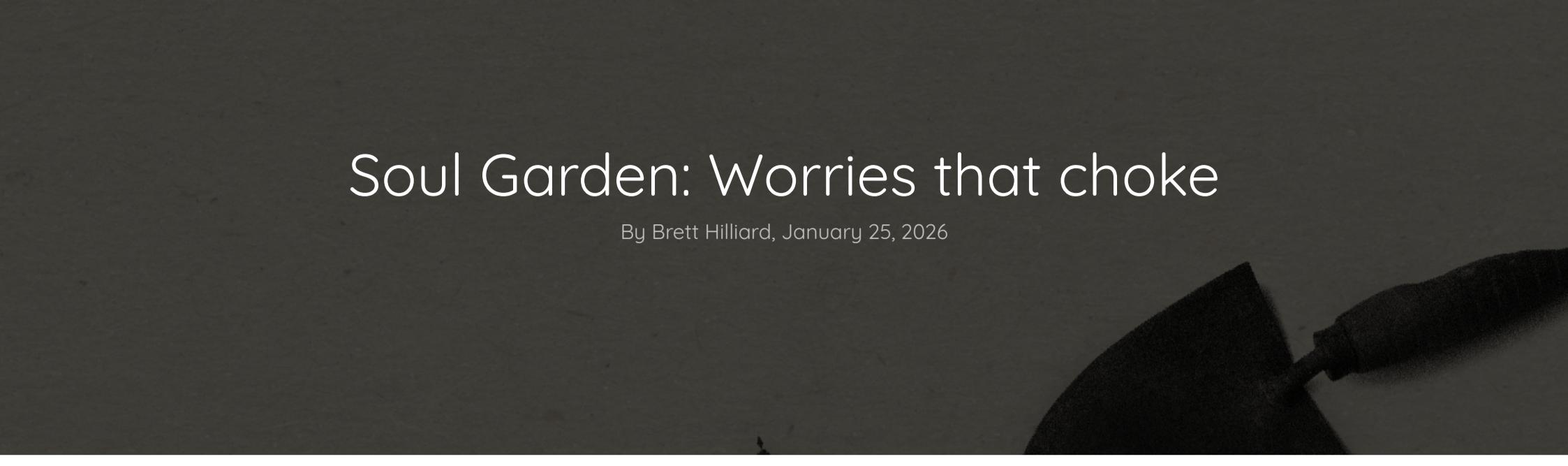


Soul Garden: Worries that choke

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	Trust <input checked="" type="checkbox"/>
Perfection	Perfect	Improve <input checked="" type="checkbox"/>
Knowing the answer	All-knowing	Learn <input checked="" type="checkbox"/>
Being there for others	Everywhere	Love with limitations <input checked="" type="checkbox"/>
Approval	Righteous	Rest in God's approval <input checked="" type="checkbox"/>

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?