

THE WORRY WORKSHEET

Date _____

I'm anxious about _____ because _____
_____.

Where were you when the worry struck? _____ Time _____

Was this the result of something you did? Explain.

What are you trying to protect? I'm scared that _____.

What does God promise in this situation?

List everything about this situation for which you can be thankful.

List the things that you can do right now to address the problem. Or, create a plan of action for dealing with the problem when the time comes.

Since you can't do anything else about it at this moment, list the things which should not now fill your mind: *Whatever is true, noble, right, pure, lovely, commendable – think about such things.* Phil 4:8

I spent _____ minutes in prayer for this situation. I also spent _____ minutes praying for ...

I also contacted _____ and prayed with him/her about it.