

Jot down three things that are really important to you and giving you the greatest amount of anxiety, fear, or stress. Then, pray to God about those three things.

“Be strong and courageous. Don’t tremble! Don’t be afraid of them! The Lord your God is the one who is going with you. He won’t abandon you or leave you.”

Deuteronomy 31:6
GOD’S WORD Translation

The 3 things I bring to you, Lord, are:

1. _____
2. _____
3. _____

Prayer

The verse mentioned above is the part of God's word that you can bring back to Him with confidence that He will hear you and answer. Let Him know that you are relying on His promise to never forsake or abandon you.

God Will Answer!