

Worry is: Psalm 123:3; Psalm 37:8; Matt 6:31-33; Mark 4:19

- Creating an alternate future that may or may not happen.
- Choosing not to trust.
- Focused on the cares of this world
- Pride that seeks to vindicate self

Gratitude is: Psalm 22; Matt 6:31-33; Philippians 4:6

- Living in the truth of today and who holds today
- Trusting God with yesterday, today, and tomorrow
- Focusing on the One who cares for the world
- Claiming the defender of the weak as my own

Prayer:

Read 1 Peter 5:7. Take some time think about the various worries you are tempted to carry... even consider writing them below. Then ask God to take what you've listed and replace each one with the decision to trust God who cares so much for you!