

# A GUIDE TO SURRENDERING WORRY

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BREAKING! GOD IS BIGGER THAN OUR NEEDS, OUR POLITICS, OUR COUNTRY. HE IS EVEN BIGGER THAN OUR WORRIES, OUR PREFERENCES OUR DISSAPOINTMENTS AND FAILURES. LIVE FOR SOMETHING BIGGER! DAILY LIVE A KINGDOM FIRST LIFE!

# [ PREPARE ]

Get a piece of paper, and something to write with and find a comfortable place to sit and be alone for a few minutes. It is best to have a physical piece of paper and pen to write with when doing this exercise because you will do something with it later.

# [ SLOW DOWN AND BREATHE ]

Take a moment to slow down and focus your mind and emotions by using the following technique:

- 1. Breathe deeply through your nose for 4 seconds**
- 2. Hold that breath for 7 seconds**
- 3. Slowly exhale through your mouth for 8 seconds**
- 4. Repeat process 5 times**

# [ IDENTIFY YOUR WORRIES ]

Pause, then pray and ask the Holy Spirit to guide you as you identify your worries. Close your eyes and wait for a moment. Write down each worry as specifically as possible by asking the question: what am I worried about and why is it making me worry?

*(Example) I am worried about losing my job because my company is not doing well financially, and my boss has looked extremely stressed the last two weeks. I have experienced layoffs in the past and I am worried it will happen again and I won't be able to find another job.*

Repeat this step until you feel you have listed all of the worries on paper. Again, do your best to understand the root cause of what is making you worried. Continue to ask the Holy Spirit for insight and clarity.

# [ SURRENDER YOUR WORRIES ]

Place the piece of paper, listing your worries, in a drawer. As you close the drawer, say:

“

**Jesus,  
I surrender these  
worries to you.**

”

# [ SEEK JESUS AND HIS KINGDOM ]

Spend a short time praying and asking God for His provision in the midst of your worries. This provision could be financial, material, emotional, mental or for your physical health.

Another way to respond to worry is to seek Jesus and His kingdom. Read the following scriptures, pray through them and memorize them. God has you; trust in His word.

**Matthew 6:25-34**

**Philippians 4:6-7**

**1 Peter 5:7**

**BIGGER  
THAN**