

Anxiety, God and Me

Burslem  Church

Part 3

Days of trouble will come. But when you live for something greater. You know that in the end. God wins.

3 Practical things to do this week to build your hope

1. Spend time getting to know God. Pray, get along to pray meeting, spend time in church, read your bible, connect with a Bible study or read a devotional book. But don't just go for head knowledge, go for heart knowledge.

This week I'll spend time getting to know God by....

2. Seek God. Pray for His will not yours. Pray he would make your ways straight and clear for what you need to do about the situation you are facing.

This is what I feel God is saying about my situation.....

3. Write a list of the many things that God has done for you in the past. The times He has answered your prayers or sent someone along at the right time. However, little or small, write them down. Use these to remind you that in the same way God has been faithful in the past, you can trust Him to be faithful in the future.

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