

# Prayer for Worry

Worry	Confess Idolatry	Trust God	Make Requests	Give Thanks	Meditate
<i>Example from my last big move:</i> I'm worried about not knowing where my spouse and I will end up living.	I'm sorry for putting my hope in comfort, control, and planning. For trying to find security in having everything mapped out.	I trust that God is with us in the in-between. I trust that his plan is infinitely better than anything I can think of.	Lord give us the wisdom of next steps to take with the limited knowledge we have. And give us the patience to live on your timeline.	Thank you for always providing for us. Thank you for revealing what we really care about regarding where we live.	God has never failed his people, and he never will. He will not leave us. I do not need to know the next step; I need to trust.

1. **Worry** - State a specific worrying thought. It's important to focus on one thought at a time through this process because it becomes overwhelming and unproductive to try to address multiple worries at once.
2. **Confess Idolatry** - Confess what idol(s) are being trusted in. Common idols include comfort, control, money, politics, performance, intelligence, identity, approval, addictions, vocation/calling, marriage, kids, etc.
3. **Trust God** - Repent by putting your trust in God. What would it be like to trust God with this concern? Once our faith is in God, it is easier to recognize his will and pray in a way that aligns with it (James 4:3).
4. **Make Requests** - Ask God for what you want and need regarding your concern. Consider that God knows what you need and wants to give you good things (Matthew 7:7-11).
5. **Give Thanks** - Give thanks for what you can in this situation and how God has been faithful in the past (Psalm 77:11). Humans are forgetful by nature. If we don't remind ourselves of what is good in our lives and what God has done, we will relapse to idols over and over again, just like the Israelites did.
6. **Meditate** - Fill your mind with what is true, honorable, just, worthy of praise, and otherwise good (Philippians 4:8) regarding this situation. Biblical meditation is not about emptying the mind of your worried thoughts, but replacing them with what is good.