



Week 4

Thoughts of Worry

Each day you will take a verse and use the formula below to meditate on that verse. I've also included some questions for you to answer about each verse to help you observe and remember the verse.

Remember to:

- Think about the verse over and over again.
- Turn the verse over in your mind and look at it from every angle.
- Allow it to keep you up at night - not really. I just want you to think about it as you go to sleep.
- Focus on it all the time – write it, recite it, and remember it!
- Think about it until it drives you crazy.
- Try to think of every possible solution the verse brings to that which you could be worrying about.

Day 1

Cast your cares on the LORD and he will sustain you; he will never let the righteous be shaken. – Psalm 55:22

- What does this verse say to do?
- What will the Lord do?
- What will the Lord not allow?
- How can you apply this to a particular “worry” in your life today?
- Pray and ask the Lord to help you apply this verse to your life and “four-eight” your worry.

Now worry/meditate on this verse today!

Here is another verse that will encourage you as you “cast your cares on Him.”
I can do all this through him who gives me strength. Philippians 4:13 NIV

Day 2

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

– Isaiah 41:10

- What does this verse say not to do? (Two things)
- For each of those things, God gives a reason. What are the reasons?
- What does God say He will do? (Three things)
- How can you apply this to a particular “worry” in your life today?
- Pray and ask the Lord to help you apply this verse to your life and “four-eight” your worry.

Now worry/meditate on this verse today!

Day 3

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life? – Matt 6:25-27

- What do these verses say not to do? Why?
- What are you to do?
- How can this remind you of the Father’s love and care for you?
- How can you apply this to a particular “worry” in your life today?
- Pray and ask the Lord to help you apply this verse to your life and “four-eight” your worry.

Now worry/meditate on this verse today!

Day 4

I keep my eyes always on the LORD. With him at my right hand, I will not be shaken.

– Psalm 16:8

- What are you to do?
- What are the results?
- What are some ways you can keep your eyes fixed on the Lord at all times?
- What is shaking you today?
- How can you apply this verse to that which is shaking you?
- Pray and ask the Lord to help you apply this verse to your life and “four-eight” your worry.

Now worry/meditate on this verse today!

Day 5

Truly he is my rock and my salvation; he is my fortress, I will not be shaken.

– Psalm 62:6

- What are the three attributes of God in this verse?
- What do they mean? (If you're not certain, use a dictionary to define.)
- How can you apply these attributes of God to that which is shaking you today?
- Pray and ask the Lord to help you apply this verse to your life and “four-eight” your worry.

Now worry/meditate on this verse today!

Day 6

He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart. – Psalm 91:4

- What are the attributes of God in this verse?
- What do they mean? (If you're not certain, use a dictionary to define.)
- How can you apply these attributes of God to that which is worrying you today?
- Pray and ask the Lord to help you apply this verse to your life and "four-eight" your worry.

Now worry/meditate on this verse today!

Day 7

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future." – Jeremiah 29:11

- What attribute of God would make it possible for Him to know the plans He has for you?
- Define that attribute.
- How does knowing this about God calm you and enable you not to worry?
- Pray and ask the Lord to help you apply this verse to your life and "four-eight" your worry.

Now worry/meditate on this verse today!

Day 8

They will have no fear of bad news; their hearts are steadfast, trusting in the LORD. – Psalm 112:7

- What two things in this verse make it possible to not fear bad news?
- What does it mean for your heart to be steadfast?
- Is trusting God a difficult thing for you to do? Why or why not?
- How can you apply this verse to your worry today?
- Pray and ask the Lord to help you apply this verse to your life and “four-eight” your worry.

Now worry/meditate on this verse today!

Day 9

Trust in the LORD with all your heart and lean not on your own understanding. In all your ways acknowledge him, and he will make straight your paths.
– Proverbs 3:5-6

- What are you to do according to these verses?
- What are you not to do?
- What is the promise?
- How can you apply this to your particular worry today?
- Pray and ask the Lord to help you apply this verse to your life and “four-eight” your worry.

Now worry/meditate on this verse today!

Day 10

“Do not let your hearts be troubled. You believe in God; believe also in me.”

– John 14:1

- What is the command in this verse?
- What does it mean to believe?
- How has God shown Himself to be trustworthy in the past?
- Do you think He will continue to prove Himself to be believable in your particular situation today?
- Pray and ask the Lord to help you apply this verse to your life and “four-eight” your worry.

Now worry/meditate on this verse today!