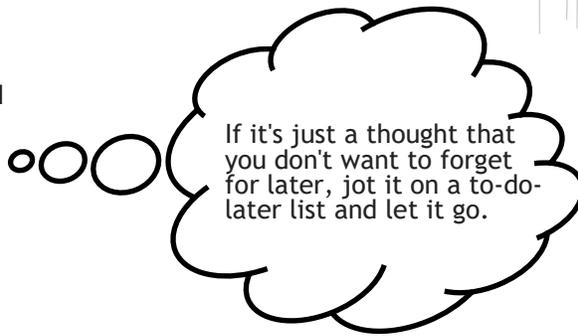


Praying Your Worry List



When settling in for prayer, problems and concerns can sometimes preoccupy our minds. They may feel like roadblocks in your prayer time. Preparing a worry list can help take our concerns to God and help us move toward resolution.



If it's just a thought that you don't want to forget for later, jot it on a to-do-later list and let it go.

Give some thought to current conflicts, problems, concerns or frustrations. List anything that is "bugging" you. Number each of these items. No matter how small an item is. If it is of concern to you, list it. Ask God to reveal to you anything else which is a point of concern.

Every worry that you have in the world should be on that piece of paper. Nothing else should concern you - it is all there! When you are satisfied that all of your concerns have been listed, proceed.

Go through the list item by item and give each a label.

- **I can do nothing, it's past my control.**
Spend some time in prayer giving this worry to God. Tell him specifically why this concerns you and thank him for his care for everyone involved and voice your confidence in his control of all things. Wait for bit in silence resting in God's peace.
- **I can take a step toward resolution.**
What would resolution look like?
What steps would lead to this?
Tell God why this is a concern for you and what steps you need his help with.
Ask God for his wisdom and to show you if any part contradicts his loving purpose for all involved. Wait for a bit in silence resting in God's strength.
Write out a statement of when and how you will take your first step.

You may want to dispose of your "worry list" if it has some rather personal or pointed items which could be embarrassing or awkward if others were to read them.

It is not uncommon for an individual to have around 20 items on a "worry list", so don't be concerned if it seems like a very large list!

We have a very great God!

Don't worry about anything, but pray about everything. With thankful hearts offer up your prayers and requests to God. Then, because you belong to Christ Jesus, God will bless you with peace that no one can completely understand. And this peace will control the way you think and feel.
Philippians 4:6-7

See also: Luke 12:22-31, Psalm 94:19

