



### Day Three

Listen to the episode. Read the following questions, and write your answers in the box provided.

**The greater the worry, the less trust we have in our heavenly father.** Do you agree? What is the effect of worry on our trust in God? Write some thoughts below.

**Reflection: This is teaching about the character of God, not a cast-iron guarantee of our earthly security.** How do you cope with the idea that God gives no guarantees in life? We live in a world filled with talk about “rights.” The Bible teaches that we are given gifts from God. Our health, wealth, our very lives are all gifts from God. How does this change how you view your life? Whatever your response, write some thoughts above in the box. If you're frustrated and angry with God at the moment, then write it down. Offer yourself to God as you are, not as you think you ought to be. Spend some time unburdening your worries before the Lord. Prayer.

### Day Four

Listen to the episode. Read the following questions, and write your answers in the box provided.

**But seek first his kingdom and his righteousness, and all these things will be given to you as well.** What does it mean to seek his kingdom? Write some thoughts below.

**Reflection:** Trust, at first glance, appears to be passive, but seeking is active. How do you both “trust” and “seek?” Write some thoughts above. **Seeking doesn't mean we're looking for it, as though we've lost it, it means we're to make God's priorities, his values, the central themes of our lives.** Spend some time asking God to show you how to do this. Choose one of God's character traits, and ask him to develop it in you. Eg. Mercy. Kindness. Patience. Love. Prayer.



## Day Five

Listen to the episode. Read the following questions, and write your answers in the box provided.

**Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.** It is said that a person cannot both worry and pray at the same time. What does this tell us about our response to our worries? Write some thoughts below.

**Reflection:** Spend some time praying over two things that are causing you the most worry in your current circumstances.

**May you believe in the depths of your soul that God really is trustworthy. He's your provider. He's your faithful God. To him be the glory.**

If God is trustworthy, then he's worthy of our praise. Take some time to thank God for the ways in which he has provided for you. Allow your meditations and prayers to lead you to worship.

### OR

Spend time today praying for those you know who have a lot more to worry about than you do. Eg. Friends who face the prospect of losing their homes. Loved ones with health concerns. Prayer.

As you pray, try to be conscious of the way in which the longer you pray, the more you'll find that your worries recede. They don't go away entirely, but as you draw closer to your heavenly father, they are put in proper perspective. Try to remember how this works, so you learn how to deal with worry in your life.