

# RESILIENCY: GOD TAKES OUR WORRIES

Student Page

Cast all your anxiety on [God] because he cares for you.  
1 Peter 5:7

When you worry, follow these 4 steps:

- 1** Recognize that you are worried.
- 2** Say what you are worried about.
- 3** Think positive thoughts.
- 4** Give your worry to God.

Give your worry to God by completing the prayer.

Dear God, I am worried about \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please take my worry from me. Help me think positive thoughts. Fill me with Your peace. In Jesus' name, amen.