

DAY

1

**READ:** Matthew 6:25-32

**PRAY:**

- Pray for God to protect you from being anxious about things in your life.
- Thank God that He give you what you need, when you need it.
- Ask God for grace to be more trusting of Him.

**SING:** Here I Am to Worship – My House Worship Sessions

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DAY

2

**READ:** Matthew 6:33-34

**PRAY:**

- Thank God that He is worth following.
- Thank God that He gives you what you need for today.
- Ask God to help you lay down your worry and anxiety and lift Christ up in your life.

**SING:** Here I Am to Worship – My House Worship Sessions

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DAY

3

**READ:** Philippians 4:4-7

**PRAY:**

- Thank God for all that He has given to rejoice over.
- Ask God to help you to be faithful in praying when you are worried or confident.
- Thank God for His peace that surpassing all understanding.

**SING:** Here I Am to Worship – My House Worship Sessions