

WHAT'S KEEPING YOU UP AT NIGHT?

A 7-DAY SCRIPTURE
+ REFLECTION JOURNEY

Adapted From

WINNING THE WAR ON WORRY

NEW FROM **LOUIE GIGLIO**

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EMBRACING CONCERN, REJECTING WORRY

‘Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master’s happiness!’

MATTHEW 25:23

Planning isn’t a bad thing. In fact, being a good steward with our time and resources is one of the ways we can glorify God in this world. But if we spend too much time hanging around the what ifs, the toxicity of worry begins to poison our hearts and minds. God puts things into your hands according to your ability and His power to work in and through you. If He’s entrusted it to you, you can carry it.

Of the things you listed that you are worried about, how can you shift your mindset from worry to stewardship? How can you see that God has entrusted you to carry the thing you worry about most?
