

When I Worry

Philippians 4:6–9 is a key passage in the New Testament about worry (anxiety). This worksheet uses the passage as the basis of an exercise to help you overcome your struggles with worry.

Philippians 4:6–9 mentions three components in its strategy for overcoming worry: (1) prayer (with thanksgiving), (2) evaluating the thoughts you dwell on, and (3) intentionally modeling godly examples. Here is the passage broken up into these three components:

1. Pray (with thanksgiving)

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:6–7 ESV)

2. Evaluate your thoughts

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. (Philippians 4:8 ESV)

Here are definitions of the descriptive terms Paul uses in this verse:

<i>Descriptor</i>	<i>Definition</i>
TRUE	Something that is consistent with biblical teaching and real rather than: fake, imagined, or <i>hypothetical</i> ¹
HONORABLE	Something that is significant, worthwhile, noble
JUST	Something that is right, fair, and consistent with one's obligations
PURE	Something characterized by unblemished motives and/or actions
LOVELY	Something that is attractive, well-liked, or winsome to people, generally speaking
COMMENDABLE	Something that will not be offensive to people, but which they are likely to agree with

¹God does not hold us responsible for what “might happen.”

3. Model godliness

What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you. (Philippians 4:9 ESV)

WORKSHEET INSTRUCTIONS

This worksheet is set up to be used as a situation log. Fill in parts 1, 2, and 3 for each situation in which you feel worried and anxious. (For a free version you can download and print, GriefShare offers this worksheet at christiancaregiving.org)

In part 1, you'll write down the situations in which you were worried and anxious. In part 2, you'll evaluate your worrisome thoughts according to Philippians 4:8. In part 3, you'll use reflections on God's blessings to inform your prayers about the concerns that you have.

At various points, it's recommended that you talk with a mentor. A mentor is a mature Christian who knows the Scriptures well and is committed to helping you grow in your relationship with Christ through your struggles, just as Paul was for the Philippians (Philippians 4:9).

► PART ONE

Describe any circumstances when you begin (or began) to feel yourself getting anxious (nervous, jittery, tense) today. (There may be more than one situation to record.)

► PART TWO

When you begin (or began) to feel yourself getting anxious (nervous, jittery, tense) today, using the tables on the following pages, note what you are thinking about.

- Record up to 4 worrisome thoughts in words as close as possible to those that went through your mind.
- Then, evaluate the content of the different thoughts/concerns using these descriptors from Philippians 4:8.
- Finally, rewrite those thoughts to better reflect the biblical standard.
- Discuss your answers with a mentor.

Worrisome thought #1: _____

<i>Descriptor</i>	<i>Does it apply to this thought?</i>
TRUE	
HONORABLE	
JUST	
PURE	
LOVELY	
COMMENDABLE	

Redeemed thought #1: _____

Worrisome thought #2: _____

<i>Descriptor</i>	<i>Does it apply to this thought?</i>
TRUE	
HONORABLE	
JUST	
PURE	
LOVELY	
COMMENDABLE	

Redeemed thought #2: _____

Worrisome thought #3: _____

<i>Descriptor</i>	<i>Does it apply to this thought?</i>
TRUE	
HONORABLE	
JUST	
PURE	
LOVELY	
COMMENDABLE	

Redeemed thought #3: _____

Worrisome thought #4: _____

<i>Descriptor</i>	<i>Does it apply to this thought?</i>
TRUE	
HONORABLE	
JUST	
PURE	
LOVELY	
COMMENDABLE	

Redeemed thought #4: _____

► PART THREE

*(a) As you reflect on your life today, for what do you have to be **thankful**—that is, how has God **blessed** you? (Be as specific as you can. Discuss your answers with a mentor.)*

(b) What implications do these reasons for thanksgiving have for your worrisome thoughts? (Be as specific as you can. Discuss your answers with a mentor.)

Worrisome thought #1: _____

Worrisome thought #2: _____

Worrisome thought #3: _____

Worrisome thought #4: _____

*(c) In a separate prayer journal, record your prayers over the next week in which you (a) **thank God for His promises and blessings in your life** and (b) **tell Him your concerns**. Avoid repetitions in your reasons for thanksgiving. Come back periodically to note any answers to your requests.*