**Are you feeing worried? Try filling out a Circle of Concern!**

First, list your worries:

1.

2.

3.

4.

5.

6.

7.

Then, pray about your worries. Remind yourself of the truth that God loves you and is trustworthy (Romans 5:8; Hebrews 10:23).

God’s Job

Next, divide the cares above into tasks you need to do vs. tasks that God needs to do in the circles. Remember, YOU are responsible for doing the things God wants YOU to do, and He can be trusted to take care of the things over which you have no control.

My Job

When you are tempted to worry, remind yourself that God loves you, He can be trusted, and you are only responsible to do the things He has given you to do.

1.

2.

3.

4.

5.

6.

7.

God’s Job

My Job