

Check List: How Am I Doing?

By Anonymous

Anxiousness Did I remember to pray instead of fretting or worrying or panicking? (Phil. 4:4-7)

Tension Did I exercise or rest when feeling tension in my body, taking a one or two minute prayer time to connect with God? (Matt. 11:28-30 and I Peter 5:7)

Feelings Did I allow myself to feel all the feelings that came my way, thinking about the situation and inviting Jesus into the midst of it? No Stuffing! (John 11:35)

Today Only Did I "defuse" worry and anxiety by not thinking about yesterday or tomorrow, only what was necessary for today?

Gentleness Did I do something kind for myself today, patting myself on the back for what I've done right, and committing the rest to God? (Colossians 3:12)

Quiet Time Did I have quiet prayer and listening time today, maybe two or three times, letting God minister His love and wisdom to me? (Ephesians 3:14-21)

Fear Did I recognize fear and quickly invite Jesus into it, quoting Scripture, allow God to comfort? (Psalms 46:1-2)

The Truth Did I tell myself the truth in every situation, letting the Truth Himself shed light on my thinking? (Philippians 4:8)

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