

Gratitude *in Stressful Moments*



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Gratitude *in Stressful Moments*

Date:

MON

TUE

WED

THUR

FRI

SAT

SUN

Philippians 4:6 – “Do not be anxious about anything... but in everything, by prayer and supplication with thanksgiving, present your requests to God.”

What is worrying me right now? Describe the situation, the emotions involved, and what do you notice God saying about this situation?

What This Situation Is Making Me Feel 😊

(Check all that apply or add your own feelings.)

- | | |
|--------------------------------------|---|
| <input type="checkbox"/> Anxious | <input type="checkbox"/> Sad |
| <input type="checkbox"/> Overwhelmed | <input type="checkbox"/> Tense |
| <input type="checkbox"/> Irritated | <input type="checkbox"/> Confused |
| <input type="checkbox"/> Fearful | <input type="checkbox"/> Hopeless |
| | <input type="checkbox"/> Physically stressed (tight chest, headaches, etc.) |

What do you feel God is guiding you to understand about these emotions?

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What I Can Control vs. What I Cannot Control Use this space to release what is outside your control and identify where God is inviting you to act.

I cannot control:

I cannot control with God's help:

Choosing Gratitude in the Middle of Stress Three things I can thank God for RIGHT NOW:

Why these specific things matter today:

