



## HOW TO WRITE YOUR OWN “**WORRY TO WORSHIP**” PSALM

### 1.

#### **Start with how you are actually feeling.**

There is no need to pretend. Write out in your own words or search through the Psalms or other scripture to find verses that resonate with the state you are in. There is no length requirement. Just do it long enough until you feel you’ve been able to voice your worry or fear.

### 2.

#### **Next begin to search the scripture for God’s promises.**

Look up passages that speak to worry, fear, uncertainty, etc. Begin to write down those verses/promises in paragraph form to read as a story. Spend time meditating on these verses.

### 3.

#### **End with gratitude.**

Thank God for being near to you. Thank Him for hearing you. Thank Him for loving you.

#### **EXAMPLE:**

*Why, my soul, are you so dejected? Why are you in such turmoil? Put your hope in God, for I will still praise him, my Savior and my God. (Psalm 42:5)*

*When I am filled with cares, your comfort brings me joy. (Psalm 94:19)*

*Cast your burden on the Lord, and he will sustain you; he will never allow the righteous to be shaken. (Psalm 55:22)*

*Cast all your cares on him, because he cares about you. (1 Peter 5:7)*

*Therefore I tell you: Don’t worry about your life, what you will eat or what you will drink; or about your body, what you will wear. Isn’t life more than food and the body more than clothing? (Matthew 6:25)*

*Peace I leave with you. My peace I give to you. I do not give to you as the world gives. Don’t let your heart be troubled or fearful. (John 14:27)*

*I sought the Lord, and he answered me and rescued me from all my fears. (Psalm 34:4)*

*This is my comfort in my affliction: Your promise has given me life. (Psalm 119:50)*

*Now may the God of hope fill you with all joy and peace as you believe so that you may overflow with hope by the power of the Holy Spirit. (Romans 15:13)*

*May the Lord of peace himself give you peace always in every way. The Lord be with all of you. (2 Thessalonians 3:16)*