



It is so easy for us to get wrapped up in worry. We can worry about what will happen with our future, about our friendships, or what we do and don't have. That's why it's so important not to rely on our feelings, but on God's Word! Take some time to answer the reflection questions below or, if you'd like, discuss them with someone else. It's up to you!

## REFLECT

When was a time you felt worried? What were you worried about?

What was your reaction when you let yourself worry? What did you do or think about?

What was Gideon worried about? What was his reaction when He was worried?

Gideon's life, and the lives of others were on the line. But rather than worry and get all worked up, He trusted God! What is something you can trust God with this week?

Let's dig deeper into our blueprints and find some more truths about what the bible has to say about being too critical of ourselves and others.

Philippians 4:6-7

Proverbs 3:5-6

John 14:1

Jeremiah 17:7-8

Psalm 55:22