

Worry Homework - Sample Assignments

1. Make a written list of everything that you are worried about. Bring it with you to our next meeting and we'll determine what things are your responsibilities and what things are simply areas of concern.
2. Read one chapter of Elyse Fitzpatrick's book, *Overcoming Fear, Worry, and Anxiety*, and write out your answers to the questions at the end of the chapter. Bring your answers with you to our next meeting to discuss. (Continue this week by week, working through the book)
3. For every area that is one of your responsibilities make a list of what you can begin to do to solve that problem. Write steps to be taken.
4. Do not pray as you are falling asleep because there is the danger that the praying can turn into worrying about the issue. Instead make a list of verses that you have memorized and choose one each night that you want to spend time meditating on. Select verses that speak of God's sovereign control, His abundant provision, His protection, etc.
5. During the day keep a note card in your pocket and whenever your mind drifts to begin to worry about something, write it down on the card and bring it with you to our next meeting. Together we will determine whether or not it falls in your circle of responsibility or just an area of concern.
6. Fight each day to focus your thinking and spend the bulk of your energy on solving today's problems that are truly your responsibility.
7. Read Jay Adam's pamphlet "What to Do When You Worry all the Time?" and underline the 10 most important sentences to you. Bring it with you to our next meeting for discussion.
8. Memorize Matt. 6:33-34 and write it on a 3x5 card to keep posted somewhere that is visible throughout the day - on your bathroom mirror, computer, kitchen cabinet, etc.
9. Memorize Phil. 4:6-9 and do a word study on each of the words listed as areas to 'think' on.