

Confessions of a Thoughtful Worrier

God, I'm sorry that:

- **I haven't honored You** for who You are, because my concerns seem bigger to me than Your presence or Your words.¹ I have feared (or wanted to please) other people, things, or situations more than I have feared (or wanted to please) You. Help me get the right perspective and keep it in mind!²
- **I didn't trust You** when I read what You wrote to me about providing all that I need in every situation (2nd Corinthians 9:8). I know that faith is what resolves fear³ so please grow my trust, dependence, confidence, reliance, and heart-felt belief in You and in the *specific promises* that You gave to me!
 - When I think of the worst possible scenarios, I want my security to remain, knowing that You will "catch" me if things fall through (Psalm 94:18, Psalm 121).
- **I have tried to be my own savior** by trying to setup all the answers I need for my unknowns, and live life on my own strength, abilities, and solutions. I confess that I am not in control of the future, nor every other specific thing I'm anxious about. I have even become anxious about (and tried to control) possible future times of anxiety, and my hope & security in pills or techniques has trumped the level of hope & security I have in You.
 - Help me to be okay with my limitations & weaknesses as being the role You have given me as a human, so that I can find You sufficient as Savior Gódd.
 - I confess that I often take my fears to the extreme, or at least a couple steps past what circumstances have indicated. Rather than an insecure hope that circumstances will work themselves out (or that I can work them out), may I look towards the guarantee of Your loving sovereignty.⁵
- **I have lacked faith** because I have confidence only when I can see the way (2nd Cor. 5:7). May my view of the future not only be earthly possibilities.
- **I have been a disobedient disciple** when trying to avoid the paths and trials You may be leading me through; instead my fear makes me want to run. Strengthen my feet for the course; I want to be submissive to Your will for my life. I know that feeling sorry for myself ignores Your care and Your call.
- **I have not walked in the Spirit**, because I see that I have not been producing the "peace" that is part of the fruit of the Spirit (Galatians 5:22). May You remind me whenever I am walking alone – interpreting life (and trying to respond) apart from fellowship with You and the strength of Your Spirit.
- **I have not really unloaded my cares upon You** (1st Peter 5:7) – instead, I've only told them to You. May I really take the time to pour out my whole heart to You in trust (Psalm 62:8). May I become good at this practice of "casting my cares," and be obedient to Your command to do it.
- **I have not loved You with all my heart and mind.**⁷ Rather than taking every thought captive and making it obedient to Christ (2nd Corinthians 10:5), my mind has been a playground for thoughts running wild. May I submit to You and have self-control, even in the topics and patterns of my thinking.

1 Even though Your words were big enough to speak my whole reality into existence.

2 May I be able to really say Psalm 23:4, and have the phrase "You are with me" mean as much as it did for someone facing death.

3 Mark 4:34-41 (especially verse 40), Luke 12:22-31, Matthew 6:34.

4 2nd Corinthians 3:5

5 Romans 8:28

6 I even find myself making changes to "my" life or avoided certain situations in order to avoid the unpleasant experiences of worry or the physical effects of anxiety/panic.

7 Matthew 22:37, Mark 12:30/33, Luke 10:27, Mark 12:33, Deuteronomy 6:5