

A GUIDED JOURNAL



WORSHIP

OVER WORRY

10 days to experiencing more peace and less anxiety

BY RUTHANN J. WEECE

Welcome!

I am so glad you found your way here! This is a sacred space for your soul to find rest and heal.



ABOUT ME

Hi, my name is Ruthann and I have struggled with anxiety for most of my life. Because of this I searched out everything I could to learn more about it. I read books, studied the Bible and visited with Counselors and what I found, I compiled into this guided journal for those moments that worry tries to overwhelm you. May it be a life-giving reminder that you are never alone!

Ruthann

Worship Over Worry: A Guided Journal is for the Christian woman that is searching for a way through stress, worry and anxiety but who needs a guide to show her there is a way through.

SIX BENEFITS OF WORSHIP

1. WORSHIP INVITES GOD INTO YOUR STORY

When your mind is filled with worry it can cause you to feel very alone. But as a follower of Jesus you are never alone. When you lift up your voice in praise the words of a song can become the prayer of your heart, and a way to invite God into your story.

2. WORSHIP HEALS THE SOUL OVERWHELMED WITH WORRY

Life can be good, but it can also be full of some heartbreaking moments - loss, abuse, betrayal, family issues, marital problems, health concerns, and broken relationships can all bring unexpected changes and worry. And with any of these hardships we can incur wounds, which need our attention to heal. Wounds if left unattended can become the place that worry and anxiety grow. But when you dare to let God know and see your hurt his healing can begin in your life.

3. WORSHIP GIVES YOU A HEART FULL OF GRATITUDE

When you name what you are thankful for it becomes a way to remember that God is working as you tangibly see the evidences of him. Your list becomes a way for you to worship as you thank him for who he is. Gratitude shifts your thoughts from keeping track of all of the things you don't have and it opens your eyes to pay attention to the blessings that you have been given.

4. WORSHIP REMINDS YOU OF GOD'S FAITHFULNESS

When you look to see how God has worked in your past it will remind you that he has been there the entire time giving you the strength and peace that you have needed. Recounting God's presence in your past reminds you that just like he was faithful back then, he will be faithful again.

SIX BENEFITS OF WORSHIP

5. WORSHIP PROVIDES PEACE

In the presence of God we can experience some of his greatest peace. Worry likes to steal your peace, but worship ushers it back in. As you worship it shifts your focus from yourself to God and it reminds you that he is in control.



6. WORSHIP MAKES A WAY FOR LAMENT

There are times in grief and in sadness that you might not have the words to pray. This is expected. Your heart is aching and it needs the space to name its pain. Romans 8:26 tells us that God provided a way for us in these moments - "In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans." In worship, God hears your heart and he sees your pain.



Worship Over Worry

Day One

READ PSALM 23 AND LIST ALL OF THE CHARACTERISTICS OF GOD IN THIS TEXT

WHEN HAVE YOU EXPERIENCED THESE CHARACTERISTICS OF GOD IN YOUR OWN LIFE ?

LIST FIVE THINGS YOU ARE GRATEFUL FOR TODAY...

Worship Over Worry

Day Two

READ PSALM 139 AND LIST THE PLACES WHERE GOD IS WITH YOU

WHEN HAVE YOU EXPERIENCED THE PRESENCE OF GOD IN YOUR OWN LIFE ?

LIST FIVE THINGS YOU ARE GRATEFUL FOR TODAY...

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Day Three

READ PSALM 56.3 AND WRITE IT OUT BELOW

WHEN HAVE YOU BEEN AFRAID AND GOD TOOK CARE OF YOU ?

LIST FIVE THINGS YOU ARE GRATEFUL FOR TODAY...

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Day Four

READ MATTHEW 6: 25-34. HOW DO THESE VERSES REMIND YOU THAT GOD WILL CARE FOR YOU?

WHEN HOW HAVE YOU EXPERIENCED GOD'S PERSONAL CARE FOR YOU?

LIST FIVE THINGS YOU ARE GRATEFUL FOR TODAY...

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Day Five

READ PSALM 34:18 AND WRITE IT OUT BELOW

HOW DO YOU NEED GOD RIGHT NOW? WRITE OUT A PRAYER ASKING HIM TO CARE FOR YOU.

LIST FIVE THINGS YOU ARE GRATEFUL FOR TODAY...

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Day Six

READ PSALM 4:8. HAVE YOU EVER HAD A HARD TIME TRYING TO FALL ASLEEP AT NIGHT? WHAT DOES THIS VERSE SAY THAT GOD GIVES US WHEN WE SLEEP?

SCRIPTURE IS A GREAT TOOL IN HELPING YOUR BODY RELAX. WRITE OUT A VERSE THAT YOU CAN USE WHEN YOUR MIND IS RACING WITH WORRY.

LIST FIVE THINGS YOU ARE GRATEFUL FOR TODAY...

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Day Seven

READ PHILIPPIANS 4:6-8. WHAT DOES IT SAY TO DO INSTEAD OF WORRYING?

IN VERSE 8 IT SAYS TO "FIX YOUR THOUGHTS" ON SEVERAL THINGS. LIST OUT EACH OF THESE.

LIST FIVE THINGS YOU ARE GRATEFUL FOR TODAY...

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Day Eight

READ PSALM 23:4. WHY SHOULD YOU NOT BE AFRAID?

WHEN HAVE YOU EXPERIENCED THE PRESENCE OF GOD IN YOUR LIFE?

LIST FIVE THINGS YOU ARE GRATEFUL FOR TODAY...

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Day Nine

READ ISAIAH 61:1-3 THESE VERSES WERE PROPHESED ABOUT JESUS LONG BEFORE HE WAS BORN. WHAT ABOUT THEM IS COMFORTING TO YOU?

HOW HAS GOD COMFORTED YOU DURING A TIME OF SADNESS, GRIEF OR LOSS?

LIST FIVE THINGS YOU ARE GRATEFUL FOR TODAY...

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Day Ten

READ PSALM 51:10. IS YOUR HEART HEAVY WITH GUILT OR SHAME?

ARE YOU FEELING ANXIOUS OR ANGRY? GIVE GOD WHATEVER YOU'RE FEELING AND LET HIM WORK WITHIN YOU AND IN YOUR CIRCUMSTANCES.

LIST FIVE THINGS YOU ARE GRATEFUL FOR TODAY...

WOULD YOU LIKE MORE OF THIS?



Even when & even if - we
will still worship you in the
light of day & in the
darkness of night.
On that mountain top and in
the valley - we will
praise you.

RUTHANN J. WEECE

Sign up for my monthly e-newsletter, *The Story*

Each month I will send you some heartfelt encouragement straight to your inbox. *The Story* is a personal letter where I share more about my life and what God is teaching me, I would love to have you join me.

Love & Blessings,
Ruthann

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