

CHOOSING JOY

WAYS TO WORSHIP WHEN I'M WORRIED

Talk to
God

Listen to
worship
music

Write in my
journal

Go for
a walk

Do something
that makes
me laugh

Read my
Bible

WHAT I'M WORRIED ABOUT RIGHT NOW

(write or draw it)

HOW WORRYING MAKES ME FEEL

(write or draw it)

WAYS GOD HAS BEEN GOOD TO ME IN THE PAST:

ONE THING THAT...

I'M GRATEFUL FOR:

BRINGS ME JOY:

VERSES I CAN REMEMBER WHEN I NEED HELP CHOOSING JOY

Romans
12:2

Galatians
5:22

James
1:2-3

Proverbs
17:22

Romans
15:13