

5. Why does our relationship with God need to be first?

6. Seek is a verb. How passionate are you about seeking God? How can you seek Him more?

7. Code the following list of concerns with these symbols:

-5 for my biggest concern 5 years ago

+5 for my biggest concern 5 years from now

X for something I can do nothing about

+ for something I can give to God and forget

* for my biggest concern right now

____ Children doing OK in school

____ Midlife: failing my expectations

____ Parents: getting old

____ Health: can't work, fearful

____ Job: keeping or losing

____ Retirement: feeling useless

____ Transition: starting over

____ Future: being left alone

8. How does believing Jesus' words affect these concerns?

Moving Forward:

- Consider keeping a gratitude journal.

Prayer