

## Day 3- Theme: Don't Worry

**Opening Prayer:** *-Lord **JESUS**, I come to you in this prayer time. I ask you to guide my thoughts. I bring to you all the things that I am worried about. I place them at the foot of your cross. Jesus I Trust in You!! Amen!*

*-Say 1 Our Father*

**Scripture:** **"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done." Philippians 4:6**

**Reflection:** Have you ever worried about something and the thing you were so worried about didn't even happen? God loves us so much that He would not allow anything to happen to us that we would not be able to handle. We shouldn't waste our time worrying about things we cannot control. God is in Control!

**Saint of the day:** **-St. Philip...**

*you were worried about how you and the disciples were going to feed over 5000 people. Not knowing what to do, you trusted in Jesus, who actually fed all these people with 5 loaves and 2 fish. St. Philip, pray for me that I may trust Jesus like you did when you were worried.*

**Challenge of the day:** ***When you are worried about something, stop right where you are and pray the scripture above: "Lord, I am not going to worry about this anymore. I give it to you and I thank You for taking care of it! Amen!" Done! You can now move on with your day.***

**Closing Prayer:** *Jesus, I need You to fill me with the faith I need to trust in You. Help my unbelief.*

*More of You and less of me!*

*Say 3 Hail Mary's.*

*Amen!*

