**Personal Transformation**

**Worksheet**

**My problem:**

(Put into a biblical terminology/category)

* Anxiety/Worry

**Biblical references:**

* Matthew 6:25-34
* Philippians 4:6-9

**Insights gleaned:**

(What are these verses teaching?)



**Put off:**

(How have I failed to live by these truths?)



**Put on:**

(What changes do I need to make according to Scripture?)



Action plan:

(How will I make these changes? What is my specific plan?)



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