From "What If" to Prayer

A Simple Guide for Releasing Your Worries to God



When "what if" questions begin to fill your mind, take them to the Lord. This simple guide can help you turn worry into prayer and renew your trust in Him.

What Am I Afraid Might Happen?

Name the "what if" that's on your heart—whether it's about your health, a loved one, your future, or another concern.

What Truth About God Do I Need to Remember?

Reflect on what God's Word says about His character, His sovereignty, His love, and His purposes.

How Can I Pray About This Today?

Turn your concern into a prayer. Tell the Lord what you're facing, ask for His help, and choose to trust Him with the outcome.

"Cast your anxiety on Him because He cares for you."

1 PETER 5:7