

21 DAYS: CONQUER ANXIETY CHALLENGE JOURNAL



PHILIPPIANS 4:6

BENIGNO LOPEZ, M.ED

This book does not replace the advice of a medical professional. Consult your physician before making any changes to your diet or regular health plan.

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For more content from this author please refer to his website:

<https://lifecoach180.org/>.

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Road to Salvation

Pray Model – Lord's Prayer

Date

Bible Verse



“Fear not, for I am with you; be not dismayed, for I am your God. I will strengthen you, I will help you, I will uphold you with my righteous right hand.”

1

Isaiah 41:10 NIV

Today's score card is....



Unpack It:

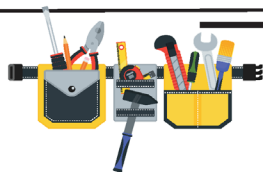
2

8

Red

Yellow

Green



Today's Tool

5

Draw strength from the Lord and walk by His side today. God is the source of your courage and there isn't a need to fear. Fear will no longer wait for you around the corner because God awaits for you there.

lbs.

9



Fruit of the Spirit



6

Today I feel...



7



10

My Reflection



3

Grateful!



Requests

4



How to Use this Journal

One and Two: [Click the link for scriptures targeting anxiousness and un-pack them daily using the traffic light method.](#) Watch the video below for instruction and unpack in the section Un-pack. Remember to write down your scripture daily.

<https://www.biblestudytools.com/topical-verses/worry-and-anxiety-bible-verses/>

<https://www.youtube.com/watch?v=ObSySGydUmk&t=21s>

Three: Write down three things you are grateful for. Remember, you never repeat them, but look deep into your blessings which will shift you away from your anxious thoughts. Even in the small things you can be grateful. Don't underestimate the power of gratitude this week which can be found in the little things. Paul challenges us in Philippians 4:6 to be thankful as we make our request known to Him.

[In many ways, as a society, we've lost touch with the true meaning of gratitude. And that's understandable—gratitude requires reflection and stillness, two things that can be difficult in our busy, overstimulated everyday lives. As a result, we're also missing out on the benefits of gratitude, which may be greater than many people realize.](#)

Four: Choose one specific prayer need that you want to target for the day. Take time throughout your day to present it to your heavenly father.

"This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us" (1 John 5:14).

[The apostle John, one of the disciples who was closest to Jesus, shares this advice with the early church. It speaks of us having confidence when we pray that God hears us. It also brings in the principle of being close enough to God to know his will so we will be able to know when we ask for things whether they line up with God's purposes for our lives and his kingdom.](#)

Five: You will find a section called Tools. Click the links and choose a tool to study (habit, step, or procedures) you desire which is most helpful. Write it down in your journal labeled in the section called **Tools**. The next two weeks I want you to research and find tools that can help you with depression and anxiety.

(Resources for the 21 days)

- [Pastor Tommy Lead Pastor @ Crossover address Triggers of anxiety and depression](#)
- [Video resource Mental Health 101](#)
- [Mayo Clinic 11 tips to managing stress](#)

Six: Find the section called ***Fruit of the Spirit***. Read the scriptures provided for a variety of fruits, (**remember, only target one daily**) to maximize the desired outcome.

- **(Galatians 5:22,23 NIV)**
- “But the fruit of the Spirit is **love, joy, peace, forbearance, kindness, goodness, faithfulness,** ²³ **gentleness and self-control.** Against such things there is no law.”
- **(Colossians 3:12-17 NIV)**

Therefore, as God’s chosen people, holy and dearly loved, **clothe yourselves with compassion, kindness, humility, gentleness and patience.** ¹³ **Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.** ¹⁴ **And over all these virtues put on love,** which binds them all together in perfect unity.

¹⁵ Let the **peace of Christ rule in your hearts,** since as members of one body you were called to peace. And **be thankful.** ¹⁶ Let the message of Christ dwell among you richly **as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts.** ¹⁷ **And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks** to God the Father through him.

Seven: Take inventory of how you are feeling in the morning or when you first get up. Be honest with yourself and be aware of how you are feeling. Our feelings can only come from our thoughts. In other words; the way you think will be a great predictor of how you feel.

[Thoughts drive your emotions, 'what you think you become' – Guatama Buddha. When your thoughts appear to be the product of your overwhelming sadness and grief, know that it is your thoughts that are feeding the sadness rather than the other way around. Your thoughts generate a feeling which you then act upon.](#)

Eight: Keep a score card of all the things you accomplished and not a to-do list. [Studies have shown that your brain gets overwhelmed when it sees a list of 7 or 8 options; it wants to shut down. \[1\] For this reason, you need to work from different lists.](#) A score card on the other hand allows you to celebrate what you accomplished as compared to what you didn't complete. Every time you accomplish a task or goal, score it. It doesn't mean you can't write down urgent appointments; just remember to use this part of section as a **score card** for what you accomplished to [create that feel good moment.](#) You will be surprised how many things you can get done in a single day.

Nine: Record your weight. I know what you're thinking, "we are going a bit too far, but do you realize your diet plays major role on anxiety and depression.

[What it boils down to is that what we eat matters for every aspect of our health, but especially our mental health. Several recent research analyses looking at multiple studies support that there is a link between what one eats and our risk of depression, specifically. One analysis concluded:](#)

["A dietary pattern characterized by a high intake of fruit, vegetables, whole grain, fish, olive oil, low-fat dairy and antioxidants and low intakes of animal foods was apparently associated with a decreased risk of depression. A dietary pattern characterized by a high consumption of red and/or processed meat, refined grains, sweets, high-fat dairy products, butter, potatoes and high-fat gravy, and low](#)

[intakes of fruits and vegetables are associated with an increased risk of depression.”](#)

In the larger scale of things your diet is crucial, and when you monitor your weight you can take inventory of your progress. It might be fearful to start but the progress and potential is worth it all. Recall, we spoke about mindset. Change the way you think towards what makes you feel good and you will crave to exercise, eat healthy and invest in your body.

This is the guiding truth, if our bodies belong to God and is a gift from God; shouldn't we take care of them? Scripture expresses it this way, ““Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body” (1 Corinthians 6:19, 20)

Ten: Finally sum up your day by reflecting. Write out a prayer using the scripture to thank God regarding what you learned and how His Word spoke to you. Here is an example: using (Philippians 4:6) I will use the traffic light again and start with red moving down to green.

Dear Lord thank you for encouraging me not to be anxious for nothing. You have provided the way of escape when I become anxious by challenging me to pray. I am thankful as bring my request to you. Lord, I will let go and let you be God in my life, and when I experience anxiety, I will release it to you. For only you can bring me true peace.

Scriptures about Anxiety

1 John 4:18 There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

1 Peter 3:14 But even if you should suffer for what is right, you are blessed. "Do not fear their threats ; do not be frightened."

2 Timothy 1:7 For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.

Isaiah 35:4 say to those with fearful hearts, "Be strong, do not fear; your God will come, he will come with vengeance; with divine retribution he will come to save you."

Isaiah 40:31but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint.

Isaiah 41:10 So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Hebrews 11:1 Now faith is confidence in what we hope for and assurance about what we do not see.

John 14:1 "Do not let your hearts be troubled. You believe in God; believe also in me.

Joshua 1:9 Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go."

Luke 12:22 Then Jesus said to his disciples: "Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear.

Psalms 34:4 I sought the LORD, and he answered me; he delivered me from all my fears.

Matthew 6:25-34 "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? 26 Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? 27 Can any one of you by worrying add a single hour to your life? 28 "And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30 If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? 31 So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Psalms 34:17 The righteous cry out, and the LORD hears them; he delivers them from all their troubles.

Psalms 94:19 When anxiety was great within me, your consolation brought me joy.

Psalms 138:8 The LORD will vindicate me; your love, LORD, endures forever— do not abandon the works of your hands.

Romans 8:38-39 For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, 39 neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Proverbs 3:5-6 Trust in the LORD with all your heart and lean not on your own understanding; 6 in all your ways submit to him, and he will make your paths straight.

John 14:27 Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

Jeremiah 17:7-8 "But blessed is the one who trusts in the LORD, whose confidence is in him. 8 They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit."

Luke 1:35-37 The angel answered, "The Holy Spirit will come on you, and the power of the Most High will overshadow you. So, the holy one to be born will be called the Son of God. 36 Even Elizabeth your relative is going to have a child in her old age, and she who was said to be unable to conceive is in her sixth month. 37 For no word from God will ever fail."

Philippians 4:6-7 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Luke 12:24-34 Consider the ravens: They do not sow or reap; they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! 25 Who of you by worrying can add a single hour to your life? 26 Since you cannot do this very little thing, why do you worry about the rest? 27 "Consider how the wildflowers grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these. 28 If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you—you of little faith! 29 And do not set your heart on what you will eat or drink; do not worry about it. 30 For the pagan world runs after all such things, and your Father knows that you need them. 31 But seek his kingdom, and these things will be given to you as well. 32 "Do not be afraid, little flock, for your Father has been pleased to give you the kingdom. 33 Sell your possessions and give to the poor. Provide purses for yourselves that will not wear out, a treasure in heaven that will never fail, where no thief comes near and no moth destroys. 34 For where your treasure is, there your heart will be also.

Colossians 3:15 Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful.

Matthew 11:28-30 "Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light."

Psalms 23 The LORD is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, 3 he refreshes my soul. He guides me along the right paths for his name's sake. 4 Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. 5 You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. 6 Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.

2 Thessalonians 3:16 Now may the Lord of peace himself give you peace at all times and in every way. The Lord be with all of you.

Psalms 55:22 Cast your cares on the LORD and he will sustain you; he will never let the righteous be shaken.

Proverbs 12:25 Anxiety weighs down the heart, but a kind word cheers it up.

1 Peter 5:6-8 Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. 7 Cast all your anxiety on him because he cares for you. 8 Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

Hebrews 13:5-6 Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you." 6 So we say with confidence, "The Lord is my helper; I will not be afraid. What can mere mortals do to me?"

Psalms 56:3 When I am afraid, I put my trust in you.

11 Tips for coping with an anxiety disorder – Mayo clinic

1. **Keep physically active.**

Develop a routine so that you're physically active most days of the week. Exercise is a powerful stress reducer. It can improve your mood and help you stay healthy. Start out slowly, and gradually increase the amount and intensity of your activities.

2. **Avoid alcohol and recreational drugs.**

These substances can cause or worsen anxiety. If you can't quit on your own, see your health care provider or find a support group to help you.

3. **Quit smoking, and cut back or quit drinking caffeinated beverages.**

Nicotine and caffeine can worsen anxiety.

4. **Use stress management and relaxation techniques.**

Visualization techniques, meditation and yoga are examples of relaxation techniques that can ease anxiety.

5. **Make sleep a priority.**

Do what you can to make sure you're getting enough sleep to feel rested. If you aren't sleeping well, talk with your health care provider.

6. **Eat healthy foods.**

A healthy diet that incorporates vegetables, fruits, whole grains and fish may be linked to reduced anxiety, but more research is needed.

7. **Learn about your disorder.**

Talk to your health care provider to find out what might be causing your specific condition and what treatments might be best for you. Involve your family and friends and ask for their support.

8. **Stick to your treatment plan.**

Take medications as directed. Keep therapy appointments and complete any assignments your therapist gives. Consistency can make a big difference, especially when it comes to taking your medication.

9. Identify triggers.

Learn what situations or actions cause you stress or increase your anxiety.

Practice the strategies you developed with your mental health provider so you're ready to deal with anxious feelings in these situations.

10. Keep a journal.

Keeping track of your personal life can help you and your mental health provider identify what's causing you stress and what seems to help you feel better.

11. Socialize.

Don't let worries isolate you from loved ones or activities.

7 Tools for Reducing Anxiety – MentalHealth101.org

1. Support System Checkup

- Anxiety and stress can make you feel like you're the only one struggling and there's no one and nowhere to turn to for help. That's why a healthy support system is key to reducing anxiety!

2. Self-Esteem Checkup

- Self-esteem is your overall sense of self-worth. As demonstrated in the shadow metaphor below, we tend to see ourselves either smaller than we are (self-minimizing) or we project an image larger than we are (self-projecting).

3. Calming Resets

- Our coping strategies, or the way we respond to stress, can greatly influence the impact that negative emotions may have. When we react to stress with unhealthy coping strategies such as overeating, drinking, or escaping to Netflix or social media binges, it often leads to increased stress levels.

4. Boosting Resets

- Sometimes when we experience stress or are overwhelmed, we may feel disengaged, unmotivated, or unfocused. In those moments, we need an energy boost, and it's important that we get it in a healthy way.

5. Maintain Your Mental & Physical Health

Mental Health and Wellbeing

- Mental health is more than the absence of mental illness. It's also the presence of mental wellness, and it influences your thoughts, behaviors, and your response to stress and anxiety.

Physical Health and Wellbeing

- Taking care of your physical health has immense positive effects on your body, mind, and ability to manage stress and anxiety.

6. The Boat Metaphor

What you can't control

What you can control

7. Get Professional Help

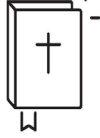
- Everyone experiences periods of being mentally unwell, just like everyone experiences periods of being physically unwell. There's no shame in it – it's part of being human.
- You cannot self-diagnose a mental illness, and often professional help is needed. Below are three indications you may be experiencing mental illness or at least... mental unwellness:
 1. You have multiple symptoms, and...
 2. The symptoms are so bad that they seriously interfere with your ability to live daily life, and...
 3. The interference lasts for an extended period of time, such as several weeks or even months.

Day 1

Choose a scripture to unpack and a tool that you want to utilize.

Date

Bible Verse



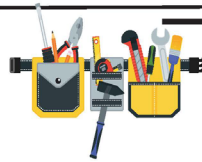
Today's score card is...

Unpack It:

Red

Yellow

Green



Today's Tool

lbs.

Fruit of the Spirit

Today I feel...



Requests



Grateful!



My Reflection



Deeper Reflections

A series of 25 horizontal dashed lines for writing.

Day 2

Choose a different scripture to unpack and a new tool that you want to utilize.

Date

Bible Verse



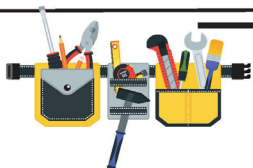
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Deeper Reflections

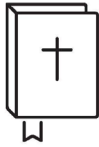
A series of horizontal dashed lines for writing.

Day 3

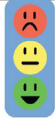
Choose a different scripture to unpack and a new tool that you want to utilize.

Date

Bible Verse



Today's score
card is...

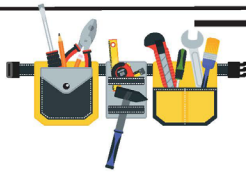


Unpack It:

Red

Yellow

Green



Today's Tool

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My Reflection



Grateful!



Requests



Deeper Reflections

A series of horizontal dashed lines for writing.

Day 4

Choose a different scripture to unpack and a new tool that you want to utilize.

Date

Bible Verse



Today's score card is.... 

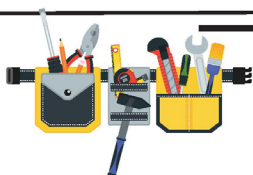
Unpack It:



Red

Yellow

Green



Today's Tool

lbs. 

Fruit of the Spirit 

Today I feel...



My Reflection



Requests



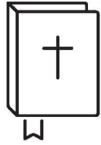
Grateful!

Day 5

Choose a different scripture to unpack and a new tool that you want to utilize.

Date

Bible Verse



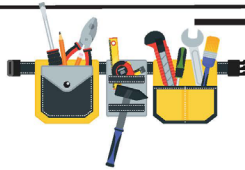
Today's score card is...

Unpack It:

Red

Yellow

Green



Today's Tool

lbs.

Fruit of the Spirit

Today I feel...



My Reflection



Requests

Grateful!

Day 6

Choose a different scripture to unpack and a new tool that you want to utilize.

Date

Bible Verse



Today's score
card is....



Unpack It:

Red

Yellow

Green



Today's Tool

lbs.

Fruit of the Spirit

Today I feel...



My Reflection



Requests



Grateful!

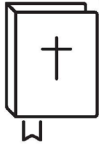


Day 7

Choose a different scripture to unpack and a new tool that you want to utilize.

Date

Bible Verse



Today's score card is...



Unpack It:

Red

Yellow

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Today's Tool

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Today I feel...



My Reflection



Requests



Grateful!

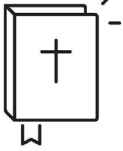


Day 8

Choose a different scripture to unpack and a new tool that you want to utilize.

Date

Bible Verse



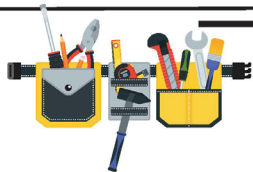
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My Reflection



Requests



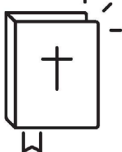
Grateful!

Day 9

Choose a different scripture to unpack and a new tool that you want to utilize.

Date

Bible Verse



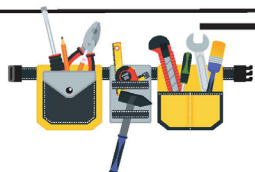
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My Reflection



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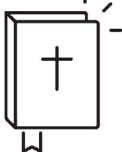
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Day 10

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Date

Bible Verse



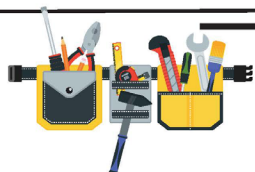
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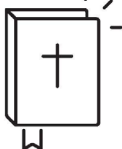
Grateful!

Day 11

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Date

Bible Verse



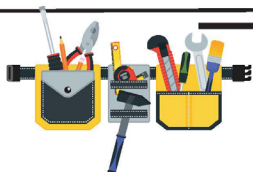
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My Reflection



Requests



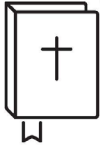
Grateful!

Day 12

Choose a different scripture to unpack and a new tool that you want to utilize.

Date

Bible Verse



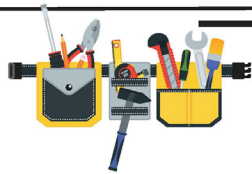
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My Reflection



Grateful!



Requests



Day 13

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Date

Bible Verse



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My Reflection



Requests



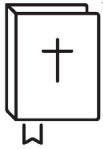
Grateful!

Day 14

Choose a different scripture to unpack and a new tool that you want to utilize.

Date

Bible Verse



Today's score card is....

Unpack It:

Red

Yellow

Green



Today's Tool

lbs.

Fruit of the Spirit

Today I feel...



My Reflection



Grateful!



Requests

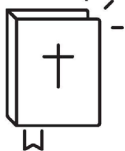


Day 15

Choose a different scripture to unpack and a new tool that you want to utilize.

Date

Bible Verse



Today's score card is.... 

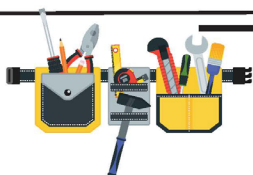
Unpack It:



Red

Yellow

Green



Today's Tool

lbs. 

Fruit of the Spirit 

Today I feel...



My Reflection



Requests



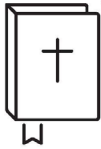
Grateful!

Day 16

Choose a different scripture to unpack and a new tool that you want to utilize.

Date

Bible Verse



Today's score card is....

Unpack It:

Red

Yellow

Green



Today's Tool

lbs.

Fruit of the Spirit

Today I feel...



My Reflection



Grateful!



Requests



Day 17

Choose a different scripture to unpack and a new tool that you want to utilize.

Date

Bible Verse



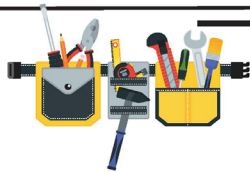
Today's score
card is....

Unpack It:

Red

Yellow

Green



Today's Tool

lbs.



Fruit of the Spirit

Today I feel...



My Reflection



Grateful!



Requests



Day 18

Choose a different scripture to unpack and a new tool that you want to utilize.

Date

Bible Verse



Today's score
card is....

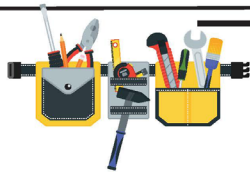


Unpack It:

Red

Yellow

Green



Today's Tool

lbs.



Fruit of the Spirit

Today I feel...



My Reflection



Grateful!



Requests



Deeper Reflections

Lined writing area consisting of 25 horizontal dashed lines.

Day 19

Choose a different scripture to unpack and a new tool that you want to utilize.

Date

Bible Verse



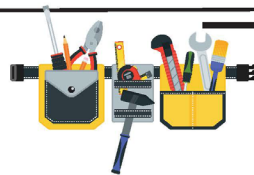
Today's score card is....

Unpack It:

Red

Yellow

Green



Today's Tool

lbs.

Fruit of the Spirit

Today I feel...



My Reflection



Requests

Grateful!

Deeper Reflections

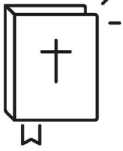
Lined writing area consisting of 22 horizontal dashed lines.

Day 20

Choose a different scripture to unpack and a new tool that you want to utilize.

Date

Bible Verse



Today's score card is...

Unpack It:

Red

Yellow

Green



Today's Tool

lbs.

Fruit of the Spirit

Today I feel...



My Reflection



Requests



Grateful!

Deeper Reflections

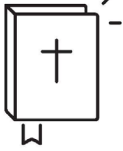
Horizontal dashed lines for writing reflections.

Day 21

Choose a different scripture to unpack and a new tool that you want to utilize.

Date

Bible Verse



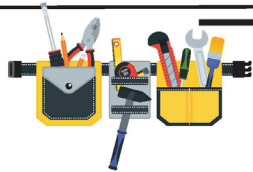
Today's score
card is....

Unpack It:

Red

Yellow

Green



Today's Tool

lbs.

Fruit of the Spirit

Today I feel...



My Reflection



•
•
•
Grateful!

Requests

Deeper Reflections

A series of 25 horizontal dashed lines for writing.

Resources

— Roman Road to Salvation —

The ROMANS ROAD...is a pathway you can walk. It is a group of Bible verses from the book of Romans in the New Testament. If you walk down this road you will end up understanding how to be saved.

Admit That You Are A Sinner.

Romans 3:10, As it is written, There is none righteous, no, not one:

Romans 3:23, For all have sinned, and come short of the glory of God.

Romans 5:12, Wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned:

Sin Has An Ending... It Results In Death.

Romans 6:23a, For the wages of sin is death...

We all owe this wage of spiritual death described in *Revelation 20:14*. You need to be born again!

Realize that God Loves You!

Romans 5:8, But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.

When Jesus died on the cross He paid sin's penalty.

Salvation is a free gift from God to you!

Romans 6:23b, ...but the gift of God is eternal life through Jesus Christ our Lord.

You can't earn this gift, but you must reach out and receive it.

You must ask God to forgive you and save you.

Romans 10:9-10, That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. For with the heart man believeth unto righteousness; and with the mouth confession is made unto salvation.

Like any gift it must be received!

Romans 10:13, For whosoever shall call upon the name of the Lord shall be saved.

Call out to God in the name of Jesus!

If you know that God is knocking on your heart's door, ask Him to come into your heart. Believe in Him. Ask Him to come in to your heart by faith, and ask Him to reveal Himself to you.

You need to look for a local church where God's word is preached. The Bible says that we are to desire God's word like a newborn baby desires mother's milk. Aren't you hungry to know the truth?

How to Pray

Matthew 6:10-13

P

PRAISE for who He is.
for what He has done.

OUR FATHER WHO ART IN HEAVEN, HALLOWED
BE THY NAME.

R

REPENT of sins I have committed.
of commands I have neglected.

AND FORGIVE US OUR DEBTS, AS WE
FORGIVE OUR DEBTORS.

A

ASK for the needs of others.
for my needs.

GIVE US THIS DAY OUR DAILY BREAD.
AND LEAD US NOT INTO TEMPTATION, BUT
DELIVER US FROM EVIL.

Y

YIELD my will to God's will.
my agenda to God's agenda for me.

THY KINGDOM COME. THY WILL BE DONE ON
EARTH AS IT IS IN HEAVEN.
FOR THINE IS THE KINGDOM, AND THE POWER,
AND THE GLORY, FOR EVER. AMEN.