



KEEP THIS IN YOUR BIBLE
Revisit it whenever you need this reminder again.



Daily
Conversations
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CONVERSATION COMPANION



WORRY

What Do I Do With
The Worries
I Keep Carrying?



KEY SCRIPTURE: Matthew 6:25-34



Finding biblical hope for the burdens we all carry.

TODAY'S CONVERSATION



WORRY



KEY SCRIPTURE: Matthew 6:25–34

FURTHER READING: Philippians 4:6–7
1 Peter 5:7



Main Thought

Have you ever noticed how easy it is to drag tomorrow's problems into today? Sometimes worry becomes so familiar that we don't even realize how heavy it's become.

Worry often begins with a real problem. But then our minds begin imagining every possible outcome. But Jesus has the answer.

What God showed me this week...

PERSONAL REFLECTION



Ask Yourself

What Worries Am I Carrying that I Can Bring To God?

1

2

3



Next Step

One practical step of faith I will take this week

- ☐ Pray - Spend time with God & bring this to him
- ☐ Read - Read today's scripture again this week
- ☐ Encourage - Reach out to someone who may be struggling
- ☐ Serve - Look for a way to serve others