



Worry ties you up in *KNOTS*.

Philippians 4:6-7: Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God. And the peace of God, which surpasses all understanding, will guard your hearts and minds in Christ Jesus.

Instructions

<input type="checkbox"/>	Pick up a rope from the table. Tie several knots into the rope.
<input type="checkbox"/>	Think through what causes you to worry.
<input type="checkbox"/>	As you untie a knot, pray a prayer giving a specific worry to God. Continue untying knots as you place each worry in His hands. Thank the Lord that He carries all of your burdens.
<input type="checkbox"/>	Use the scriptures below to help you surrender your worry to the Lord.

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.

1 Peter 5:7 - Cast all your anxiety on him because he cares for you.

Matthew 6:25 - 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?

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.

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www.kristenblanford.com

Special Note: Set up all of the stations you choose for your gathering. The goal is to have ladies move around as they feel led between at least 4 or 5 stations. You'll need at least 45 minutes to an hour for ladies to get to all the stations. I usually set these up for groups of 30 to 40 ladies. If you have more, you may want to consider choosing more stations or providing more materials and printed instructions for each stations. All materials and stations are set to be used multiple times by multiple ladies during one prayer gathering. If you have any questions, please feel free to email me.

Materials:

- Rope or yarn cut into foot long sections (I usually cut 10 or so pieces for this station, but you may want to provide more for a larger group)
- Printed, laminated instructions (4-5 copies for each station)