

Read through the following verses

Psalm 63:6-8

I lie awake thinking of you, meditating on you through the night. Because you are my helper, I sing for joy in the shadow of your wings. I cling to you; your strong right hand holds me securely.

Ask God these questions, and journal what thoughts come to mind. Underline any that really stick out to you. Remember, God's words will align with scripture and will edify, exhort, or comfort you. "There is no condemnation for those who are in Jesus Christ" (Rom 8:1)

Jesus, what is one area of my life where I rest securely in the shadow of your wings? How do I feel knowing that you are protecting me?

Jesus, what is one area of my life where I do not feel you are holding me securely? How do I try to control this thing instead of giving it to You?

What is one step I could take to give my burden to you?

What do you want to give me instead?