**Faith-Based Anxiety Reflection & Trust Template**

**Objective:**  
To guide individuals in integrating faith and spiritual practices into managing anxiety, while tracking their progress and growth.

**Date: \_\_\_\_\_\_\_\_\_\_**

**Section 1: Trusting in God’s Peace Today**

* What Bible verse or promise from God are you holding onto today?
* How does this scripture speak to your current situation or anxiety?
* How can you remind yourself of God's peace throughout the day?

**Section 2: Current Anxiety Triggers**

* What anxiety triggers did you experience today? (Specific thoughts, situations, or people)
* How did you respond to these triggers in faith? (e.g., prayer, trusting God, seeking peace)
* On a scale of 1-10, how much did your faith help reduce your anxiety today? (1 = not helpful, 10 = very helpful)

**Section 3: Prayer for Peace**

* Did you take time for prayer today to release your anxiety? If yes, what did you pray for?
* How did you feel after praying or surrendering your anxiety to God?
* Is there a specific area of anxiety you want to bring before God tomorrow in prayer?

**Section 4: Letting Go of Control**

* What is something today that you tried to control but need to surrender to God?
* How can you practice trusting God more with your anxiety moving forward?
* Reflect on a time when you trusted God during anxious moments. How did that experience strengthen your faith?

**Section 5: Spiritual Growth & Reflection**

* What has been the most significant lesson you’ve learned today regarding faith and anxiety?
* What spiritual practice would you like to focus on tomorrow to help manage anxiety (e.g., scripture memorization, gratitude, daily prayer)?
* How will you incorporate God’s peace into your daily routine to continue growing in faith and strength?