**Mindsweep**

Use this for Step 2 of ‘Weekly Meeting with God’ in order to identify hidden pockets of worry and anxiety – remember: the goal is not just to be aware of these pockets, but more importantly *to cast your burdens upon the Lord* (Ps. 62:8).

Consider each of the topics below and write down anything that is generating stress and worry.

**Projects**: started, not completed

**Projects**: need to be started

**Commitments/Promises to Others**
Spouse, children, boss, co-workers, friends, church, etc.

**Upcoming Events**Work related, family related, church related, etc.

**Family and Friends**upcoming activities, physical illness, mental illness, suffering,
Spouse, parents, children, siblings, etc.

**Home**Needed repairs, in-home hospitality, etc.

**Church**Tasks, roles, relationships, leadership, etc.

**Personal Health**Physical health, mental health

**Spiritual Health**Repeated temptation, entrenched sin, closeness to God, etc.

**The News**What current events are making you anxious?

**Community**Events, conflicts, needs, local and national government

**Communications**Difficult conversations, receiving criticism, honesty, etc.

**Meetings/Appointments**Workplace, doctors, family members, etc.

**Finances**Debt, mortgage, savings, retirement, budget, bills