

1.	Start with GRATITUDE
What a	am I thankful for? How have I seen God at work? What is going well?
2.	Remember TRUTH
What (does the Bible say about my situation? What is true about God's character?
3.	Take action through TRUST
What 1	next steps do I need to take? What is God teaching me? What do I need to lay down?

4. PRAYER