Where I Am Placing My Hope

A Psalm 146:3-5 reflection worksheet

Human help is meaningful, but it was never meant to replace God. This worksheet helps you notice where a good thing has become the foundation of your security, identity, or peace.

1 Name the pressure

What situation is creating the most anxiety, urgency, or need for control?

2 Identify three places your hope may have drifted

Area 1: person, relationship, job, money, leader, system, achievement, image, or self

What am I expecting it to give me that only God can ultimately provide?

What limit or expiration date do I need to acknowledge?

Area 2: person, relationship, job, money, leader, system, achievement, image, or self

What am I expecting it to give me that only God can ultimately provide?

What limit or expiration date do I need to acknowledge?

Area 3: person, relationship, job, money, leader, system, achievement, image, or self

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What am I expecting it to give me that only God can ultimately provide?

What limit or expiration date do I need to acknowledge?

3 Pray Psalm 146:3-5 for seven days

Each day, read the passage slowly. Ask: What am I gripping? What is God inviting me to release? Where do I see His help today?

Day 1: What shifted in my thoughts, emotions, or choices?

Day 2: What shifted in my thoughts, emotions, or choices?

Day 3: What shifted in my thoughts, emotions, or choices?

Day 4: What shifted in my thoughts, emotions, or choices?

Day 5: What shifted in my thoughts, emotions, or choices?

Day 6: What shifted in my thoughts, emotions, or choices?

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Day 7: What shifted in my thoughts, emotions, or choices?

4 Transfer the weight

Complete: I release my trust in _____. I choose to trust God for _____.

One action that will demonstrate this trust in the next 24 hours: