

COST OF CHAOS

1. NAME IT

What is the chaos you are experiencing?

Write down the chaos in your life:

2. FEEL IT

How is your chaos presenting itself?

Circle how you are feeling:

Fear	Worry	Powerlessness
Insecurity	Rejection	Anger
Abandonment	Resentment	Anxious
Feeling Unloved	Shame	
Feeling Unwanted	Loneliness	

3. EXPOSE IT

What lie is your chaos causing you to believe about God?

Circle what you are believing:

Loss of trust	Loss of love
Loss of peace	Loss of patience
Loss of joy	Loss of hope
Loss of faith	

4. KNOW IT

What do you know to be true of God?

Circle the truth you need to cling to:

God is Faithful (Rev. 19:11)	God is Miracle Worker (Gal. 3:5)
God is Love (1 John 4:16)	God is Healer (Isa. 61:1)
God is Truth (John 14:6)	God is a sure foundation (Isa. 28:16)
God is All Powerful (Jer. 32:7)	God is Patient (2 Peter 3:9)
God is All Knowing (1 John 3:20)	God is Great Shepherd (Ps. 23)