

QUIET FEAR AND WORRY

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your request be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7 ESV

TRY THESE PRACTICES

Turn to Scripture: Remind yourself of the truth that God is for you, He isn't going to abandon you, and He has a plan.

Lift up a Prayer: Bring everything to God. He cares about your needs, both big and small.

Journal: Grab a pen and piece of paper and write out whatever comes to mind. Get the words out of your head and onto the page to release and process through them.

Talk it Out: Talk to your spouse, family member, or friend to help release your thoughts.

Change Spaces: Walk around the neighborhood, go to a park, or hang out in your yard.