



*Freedom
from fear
through
God's peace*

When troubles overwhelm and worry sets in, it can feel like we can hardly breathe.

The same God who split the sea and healed the sick is the God who hears your prayers today.

Tell him what concerns you, and thank Him that He is helping you this day.



Psalm 61:2-5

The voices in this world, the enemy's lies, and even our own negative words can make us feel defeated and anxious. God reminds you that you are more than a conqueror. He tells you not to fear. Pray He will help you to have wisdom in whose voice you listen today,

and that your thoughts would be focused on God.

Psalm 43:5



When life seems too chaotic and busy, God may get pushed out of your daily life. Time with God will always keep our focus clear and help us move in the right direction. He is able to multiply your efforts

and fill you with great peace and joy even in the midst of chaos.

Ask for His help to spend time in His presence, pray that He will help you to say yes to the best, and let the other things go.

1 Peter 5:6-7



When you feel like you're
in the storm – No matter
what swirls around us,
God promises to be our
perfect peace



Mark 4:39-40



When you're anxious
about tomorrow, ask
God to help you let go of
trying to figure
everything out and to
trust Him in today,
knowing

*He is with
you always,*

and will lead you every
step of tomorrow.

Matthew 6:34

Feeling unloved and undervalued can lead us to feeling insignificant in this life. And it's not true. God loves us with an everlasting love and fills us with His hope, constantly reminding us that He is leading us. Ask God to help you see yourself as He sees you,

*His treasured child,
cherished, and greatly valued.*

Jeremiah 29:11



When you feel weary and
burdened... We're not equipped for
the types of burdens we try to
shoulder on our own. But He is. And
He promises to

*give us strength and rest as we
give our burdens to Him.*

Pray that God will help you to lay it all
down, again. Pray for His rest and
assurance today, that He will care for
all that concerns you.



Matthew 11:28-30