

Healing For Your Worried Heart

God speaks to us deep within our hearts. Romans 8:16

If you keep my laws and are careful to keep my commands ... I will give you peace in the land and you'll be able to sleep without fear. Leviticus 26:3,6

Worry

Living through an experience more than once,
that you were designed to live through only once.

Don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today. Matthew 6:34

Don't be troubled. You trust God now trust in me ... I am leaving you with a gift - peace of mind and heart. And the peace I give isn't like the peace the world gives. John 14:1,27

How To Consistently Have God's Peace

Pay Attention to _____

Sources of Anxiety

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Pry Open Your Heart and Let Jesus _____

Reasons We Don't

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Laughter can conceal a heavy heart but when laughter ends the grief remains.

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Pray About _____

*Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus. **Philippians 4:6-7***

*Give all your cares to God for He cares about what hannes to you. **1 Peter 5:7***

*Come to me all of you who are weary and carry heavy burdens and I will give you rest. **Matthew 11:28***

Practice What You've _____

*Keep putting into practice all you learned from me and heard from me and saw me doing, and the God of peace will be with you. **Philippians 4:9***

*Don't be troubled. You trust God now trust in me ... I am leaving you with a gift - peace of mind and heart. And the peace I give isn't like the peace the world gives. **John 14:1,27***

*God, you will keep in perfect peace all who trust in you, whose thoughts are fixed on you! **Isaiah 26:3***

*And let the peace that comes from Christ rule in your hearts. **Colossians 3:15***