

STOP CHAOS FROM GETTING THE BETTER OF YOU

In our chaotic and volatile world, it can be easy to find reasons to feel discouraged and overwhelmed. But just because the world around you might be going crazy, doesn't mean you have to. Through Jesus, you have access to an unexplainable peace that survives even the toughest of circumstances. This episode will empower you to take hold of God's peace, restore a sense of joy to your life, and experience what it means to be anxious for nothing.

HAVE YOU EVER FOUND YOURSELF LIVING WITH A "DON'T WORRY, BE HAPPY" MENTALITY? WHAT EMOTIONS OR SITUATIONS WERE YOU TRYING TO ESCAPE?

**WHAT HAVE YOU BEEN WORRIED ABOUT RECENTLY?
WHAT'S BEEN WEIGHING ON YOUR HEART AND MIND?**

**TAKE A MOMENT TO GIVE YOUR WORRIES TO GOD.
PRAYERFULLY COMMIT TO HIM WHAT YOU'VE BEEN CONCERNED
WITH AND WRITE DOWN ANYTHING HE SPEAKS TO YOU.**

SCRIPTURES REFERENCED:

PHILIPPIANS 4:6-7