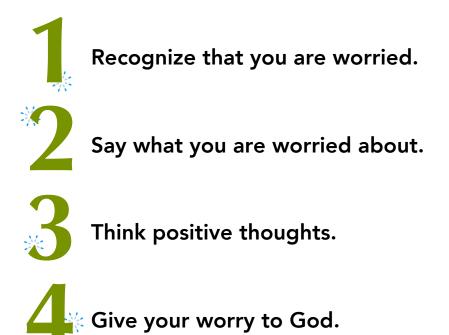


Cast all your anxiety on [God] because he cares for you. 1 Peter 5:7

When you worry, follow these 4 steps:



Give your worry to God by completing the prayer.

Dear God, I am worried about\_

Please take my worry from me. Help me think positive thoughts. Fill me with Your peace. In Jesus' name, amen.

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