

SUN	MON	TUE	WED	THU	FRI	SAT
PRESENT YOUR WORRIES TO GOD IN PRAYER TODAY.	WRITE DOWN AND RELEASE YOUR BURDENS TO GOD.	REFLECT ON PAST MOMENTS OF GOD'S COMFORT AND JOY.	CHOOSE ONE WORRY AND SURRENDER IT TO GOD.	VISUALIZE GOD AS YOUR FORTRESS DURING ANXIOUS MOMENTS.	REMIND YOURSELF THROUGHOUT THE DAY THAT GOD IS WITH YOU.	REFLECT ON GOD'S PERFECT LOVE IN QUIET PRAYER.
REACH OUT AND COMFORT SOMEONE NEEDING SUPPORT.	MEDITATE ON GOD AS YOUR SHEPHERD AND PROTECTOR.	PICTURE GOD HOLDING YOUR HAND AS YOU FACE TODAY.	SURRENDER A SPECIFIC FEAR TO GOD AND TRUST HIM.	REFLECT ON A VERSE THAT BRINGS YOU PEACE.	WRITE DOWN THREE OF GOD'S PROMISES FOR REASSURANCE.	SPEND QUIET TIME TALKING TO GOD ABOUT YOUR WORRIES.
EMBRACE YOUR WEAKNESSES AND SEEK GOD'S STRENGTH IN PRAYER.	WRITE ABOUT HOW HOPE ANCHORS YOU DURING CHALLENGES.	REMIND YOURSELF THROUGHOUT THE DAY OF GOD'S PERSONAL CARE.	RECALL A TIME GOD SUPPORTED YOU AND WRITE ABOUT IT.	SET ASIDE TIME TO FOCUS SOLELY ON GOD'S PEACE.	REFLECT ON GOD SEEING YOU IN EVERY MOMENT TODAY.	RENEW YOUR MIND BY READING SCRIPTURE THAT STRENGTHENS YOU.
REAFFIRM GOD'S PRESENCE BY KEEPING YOUR THOUGHTS ON HIM.	REST YOUR BURDENS WITH JESUS AND PRACTICE BREATHING IN PEACE.	IMAGINE GOD AS YOUR SHIELD WHILE FACING WORRIES.	ACT COURAGEOUSLY TODAY, KNOWING GOD IS WITH YOU.	OFFER PRAISE TO GOD WHEN ANXIOUS THOUGHTS ARISE.	WELCOME GOD'S PEACE BY PAUSING AND ACKNOWLEDGING HIS PRESENCE.	PREPARE FOR RESTFUL SLEEP BY PRAYING FOR GOD'S PEACE.
REFLECT ON A PAST VICTORY GOD HAS HELPED YOU ACHIEVE.	SMILE AND CARRY GOD'S JOY WITH YOU ALL DAY.	Peace in the Storm				