



STEPPINGSTONES

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A Biblical Approach to Navigating Through Tough Times

Worrying about the future is normal, but worry can turn self-destructive when we get trapped in the anxiety of imagining 'what if?' and worst-case scenarios.

Steppingstones integrates **biblical** and **therapeutic** steps to teach us how to find peace by living in the moment, letting go of what we can't control, and letting God be God.