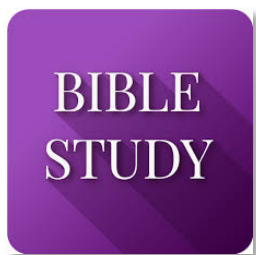




CHOOSE A PERSONAL SCRIPTURE

Consider setting aside 10-15 min. each day to meditate on your scripture and follow this path:

- Close your eyes
- Take several deep breaths, slow your breathing and clear your mind.
- Silently (or softly out loud), slowly repeat your bible verse.
- Think of each word as you say it and commit it to memory.
- When your mind drifts to other things (and even your problems), that's normal. When it does, just refocus and repeat your personal scripture.
- When you're done, give thanks and ask God to take control and guide you through your day.



Limiting Worry

When I was dealing with a health concern a few years ago, I found myself thinking intermittently throughout the day about '*what if this is life threatening?*' and an assortment of other 'what ifs'. Knowing how I struggle to shut-down my mind down, I decided to take a behavioral approach to limiting my worry. I designated FIVE MINUTES after my morning bible study to worrying about my health. During this time, I'd ruminate, obsess, and allow myself to feel the stress of not knowing what's ahead – and then I'd share all that with God. But when my five minutes was up, I'd stop and give total control of my health along with my worries to God and thank Him for taking them on.