



STOP AND VISUALIZE YOUR STEPPINGSTONE

Examine the cause of your worry and anxiety and ask yourself this question:

Am I focusing my attention on today... or am I allowing my thoughts to drift into the future where 'what if?' and worst-case scenarios reside?

If so, **STOP** and remind yourself to look down at your feet which are firmly planted on your TODAY steppingstone. TODAY is all you can control. Ask and let God take control of today, tomorrow and all your future steppingstones.

CHOOSE A PERSONAL SCRIPTURE

As believers, we often have a solid prayer life, but weak understanding of the power of meditation. Meditation in the Bible means *reflective thinking* on biblical truth so that God is able to speak to us through Scripture and our thoughts that come to mind as we reflect on God's Word.

If you don't have one already, choose a *personal scripture* that speaks to your heart. For me, it is *"Be still and know that I am God". (Ps 46:10)* I chose this scripture because it reminded me to (a) slow down my thoughts, (b) stay (still) in the moment, and (c) give God the authority in my life that He wants and deserves.

