



DATE:

SEEK *peace & pursue it*

I What is stressing you out?

III If yes, write down how you can fix it
If no, write down your prayer to God

II Is it within your control?

YES ☐ NO ☐

DATE:

LET ALL *that you do* BE DONE *in love*

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YES ☐ NO ☐

DATE:

GOD INTENDS *rest* NOT *stress*

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YES ☐ NO ☐

DATE:

GIVE GOD *your anxieties* AND HE WILL *give you rest*

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II Is it within your control?

YES ☐ NO ☐