

QUIET IN THEER!



SUMMER SLOW DOWN



FIXING OUR THOUGHTS

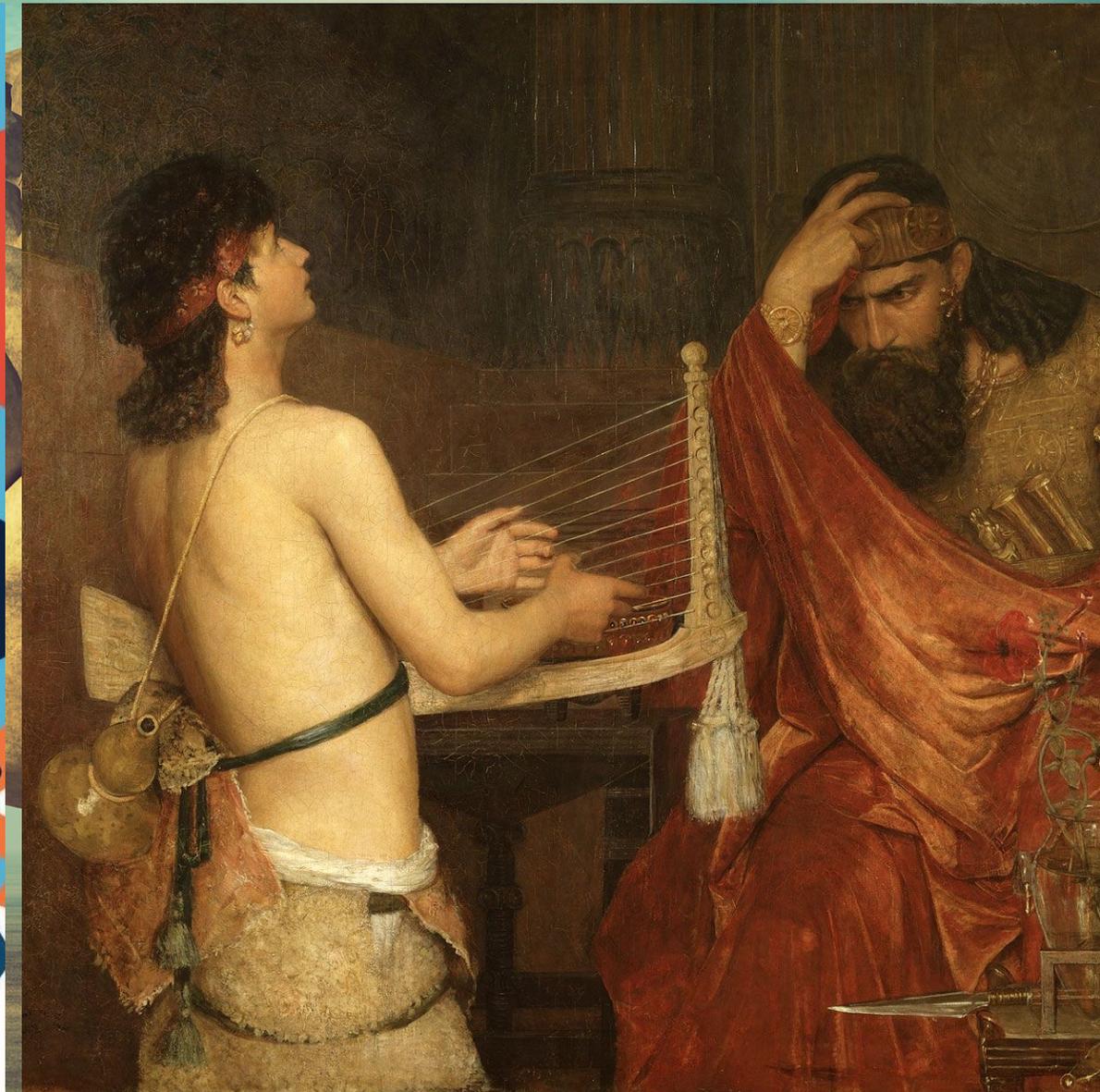
Philippians 4:6-7

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand.

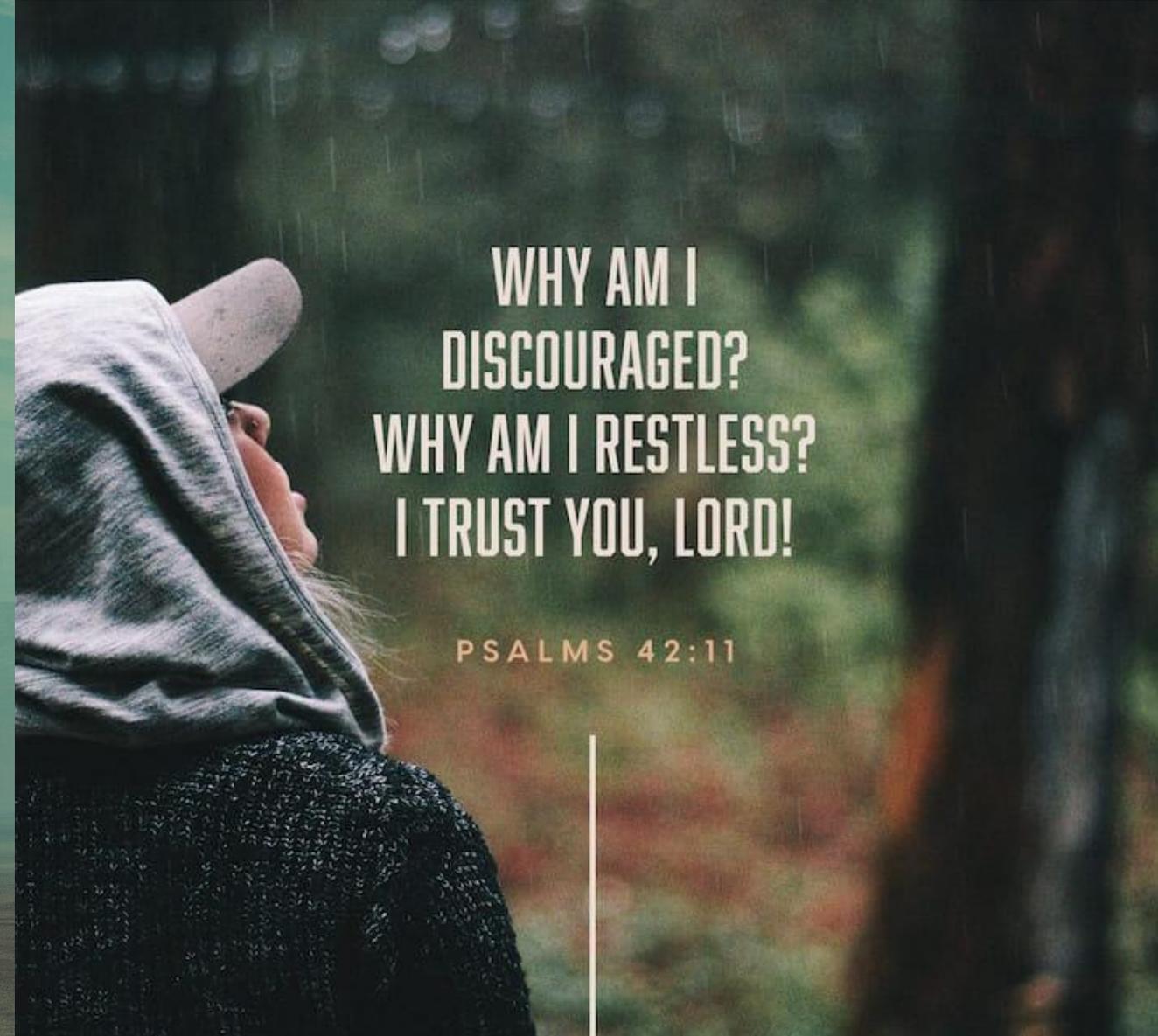
Finally, brothers,
whatever is *true*,
whatever is *honorable*,
whatever is *just*,
whatever is *pure*,
whatever is *lovely*,
whatever is *commendable*,
if there is any *excellence*,
if there is anything *worthy of praise*,
think about these things.

PHILIPPIANS 4:8

INSECURITY



INVITING GOD IN



WHY AM I
DISCOURAGED?
WHY AM I RESTLESS?
I TRUST YOU, LORD!

PSALMS 42:11

SEARCH ME

Search me, God,
and know my heart:
test me and know my
anxious thoughts.

PSALM 139:23

KNOW MY HEART

PRACTICE

Five Finger Examen

1. Be still

Our thumb reminds us of what is important. Notice your breath, try to still your mind, and be present to God and yourself.

2. Be grateful

As our index finger points things out to people, reflect on your day and point out everything you're grateful for.

3. Notice

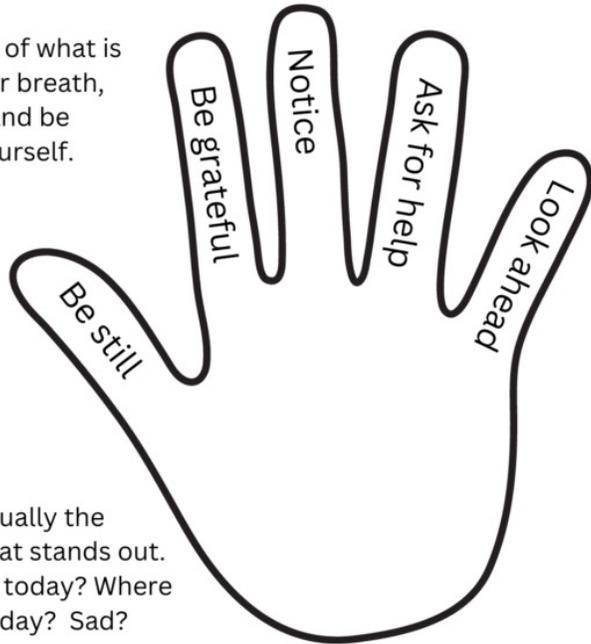
Our middle finger is usually the longest and the one that stands out. What stood out to you today? Where have you felt happy today? Sad? Frustrated? Were there any challenges today? Any victories?

4. Ask for help

Our ring fingers are where we put our wedding rings. Think about your responsibilities and promises you have made. What do you need God's help with? Is there anything you need to say sorry for?

5. Look ahead

Our pinky finger is our smallest one. Sometimes a small change can make a big difference. Think about tomorrow. What do you hope for? Are there any little changes that you can make?



PRAYER

We confess, Father, that our minds and hearts can be filled with anxious thoughts and the worries of this world, but we confess that you truly are our deepest desire. Help us not to worry, and to rest in the deep places where you long to dwell within us, so that your peace, your truth, and your rest will make its home in us.

AMEN!