

1) Give Your Stress to God *1 Peter 5:6-7*

- Humble yourself and admit you need God's help.
- Cast every care on Him-He truly cares for you.
- Peace begins when you stop carrying what God told you to release.

2) Stay Positioned in God's Presence *Psalm 91:1-2*

- Make God's presence your home, not a place you visit occasionally.
- The "secret place" must be sought intentionally.
- Under His shadow, you are protected, covered, and secure.
- Declare: "He is my refuge and fortress-my God, in Him I trust."

3) Trust God Even When the Path Is Hard *Job 13:15-16*

- Trust God even when you don't understand the journey.
- Stay faithful in your walk and continue seeking Him.
- God remains your salvation in every season.

4) Remember Who You are in Christ *Romans 8:34-39*

- Don't return to old ways of thinking-live from your new identity.
- Nothing can separate you from God's love: not trouble, fear, persecution, or any power.
- You are more than a conqueror through Christ.

5) Keep Your Eyes on Jesus, Not the Storm *Matthew 14:28-31*

- Peter walked on water as long as he focused on Jesus.
- Stress grows when you focus on circumstances instead of Christ.
- Look to Jesus, and He will steady your steps.

6) Trust God to Direct Your Steps *Psalm 37:23-24 (NLT)*

- God has ordered your steps to where you are today.
- He delights in every detail of your life.
- Even if you stumble, you will not fall - He holds your hand.

Live with confidence:

God cares for you, walks with you, and strengthens you. In Him, you can live stress-free even in a stressful world.