



**GUEST SPEAKER REV KAREN TAYLOR
CLERGY CARE AND EPISCOPAL SERVICES COORDINATOR
MISSOURI ANNUAL CONFERENCE
The Sky is Falling**

Message Scripture: Psalm 46

Fear is pervasive in our world. In many ways it is a natural response to things we don't understand or feel we can control. Psalm 46 offers a way to replace fear with peace.

Prayer

Be still and know that I am God!

Daily Scripture Reading

Psalm 46

Questions for Reflection

What things are causing you fear or anxiety?

What are one or two breath prayers you can practice this week?

Breath Prayers

- The Lord is my Shepherd... I shall not want. (Psalm 23:1)
- In Christ alone my soul finds rest. (Based on Psalm 62:1, 5)
- Speak, Lord, for your servant is listening. (1 Samuel 3:9)
- When I am afraid, I will trust you. (Psalm 56:3)
- Peace of Christ, guard my heart and mind. (Philippians 4:7)
- You fill my life, with good things. (Psalm 103:5)
- You are our refuge, and our strength. (Psalm 46:1)
- Lord, guide my steps. (Psalm 119:133)
- I am fearfully and wonderfully made. (Psalm 139:14)
- Lord, you have called me, and I am yours. (Isaiah 43:1)
- Nothing can separate me from your love. (Romans 8:38-39)
- God of all comfort, comfort me. (2 Corinthians 1:3-4)
- Your grace is sufficient. Your power is perfect in my weakness. (Corinthians 12:9)
- I am forgiven. (Ephesians 1:7)
- The peace of Christ rules my heart. (Colossians 3:15)