

## Cast Your Cares on Him

Commit everything you do to the Lord. Trust Him, and He will help you. Psalm 37:5

Cast your cares on the LORD and He will sustain you. Psalm 55:22a

Cast all your anxiety on Him because He cares for you. 1 Peter 5:7

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus. Philippians 4:6-7

## Celebrate God

Give thanks to the LORD for He is good; His love endures forever. Psalm 107:1

Praise the LORD. How good it is to sing praises to our God, how pleasant and fitting to praise Him. Psalm 147:1

Give praise to the LORD, proclaim His name; make known among the nations what He has done. Sing to Him, sing praise to Him; tell of all His wonderful acts. Psalm 105:1-2

Rejoice in the Lord always. I will say it again: Rejoice! Philippians 4:4

## Ask God for Help

My help comes from the LORD, who made heaven and earth. Psalm 121:2

And this is the confidence we have in approaching God: that if we ask anything according to His will, He hears us. And if we know that He hears us - whatever we ask -we know that we have what we asked of Him. 1 John 5:14-15

Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. Hebrews 4:16

## Leave your problems with God

Trust in the LORD with all your heart, and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight. Proverbs 3:5-6

Come to me, all who are weary and burdened, and I will give you rest. Matthew 11:28

## Meditate on good things

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things. Philippians 4:8

You will keep in perfect peace those whose minds are steadfast, because they trust in you. Isaiah 26:3

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In this world you will have trouble. But take heart! I have overcome the world. John 16:33b

Peace, I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. John 14:27