

Psalm 4:1

Psalm 89:14

Psalm 25:6

Matthew 7:7-8

Psalm 4:2

Psalm 4:3

Psalm 4:4

Psalm 4:5-7

Psalm 4:8

- Remember what God has done
- Honestly Assess Emotions
- Worship God
- Embrace Peace

Isaiah 26:3

What causes your stress?

How do you typically respond?

How can you respond like Psalm 4?