

01

What is bothering you ? God wants to hear about it

Hebrews 4:14-16 We have a great High Priest who has passed through the heavens, Jesus the Son of God, let us hold fast our confession. For we do not have a High Priest who cannot sympathize with our weaknesses, but was in all points tempted as we are, yet without sin. Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.

02

Do something you enjoy (With Jesus!)

Do you enjoy writing? reading? art? Watching movies or documentaries? Keep Jesus at the centre of ALL, He is our hope (Romans 15:13, Isaiah 40:31). Our God is our father who wants to be included in our activities. When we pray, we have a conversation with God and allow our Flesh to understand that God is always with us (Romans 8:31).

03

Finish your day with God

Our God of comfort will comfort you more than anything (2 Corinthians 1:3-4 Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.) We are in the times of grace where our God is not here to shame or condemn us but rescue us and help us in Jesus Christ (John 3:16-17).

04

Let God take care of you

Our thoughts can be overwhelming especially at night when we are alone. God encourages us to come to Him and make our thoughts obedient to Christ (2 Corinthians 10:5). What does this mean? It means to fill your mind with the Helmet of Salvation and God's Word (Ephesians 6:17). Remind yourself of what Jesus did for you and His victory over all fear, anxiety and death (Acts 2:24, Corinthians 15:57).

05

Relax, God's got you!

By learning who God is (Love - 1 John 4:8), and reading the examples of His Love in His Word, we draw nearer to His Love and begin to understand His faithfulness, goodness and mercy towards us for generations and during our whole lifetime (James 4:8, 2 Timothy 2:13), amen.