



“Healthy Steps to Weather the Storm”

Romans 12:11-12

Never be lazy, but work hard and serve the Lord enthusiastically. Rejoice in our confident hope. Be patient in trouble, and keep on praying NLT

Demonstrate _____

James 4:6

And He gives grace generously. As the Scriptures say, “God opposes the proud but gives grace to the humble.” NLT

_____ your soul _____ and _____

Psalm 92:2

It is good to praise the LORD and make music to your name, O Most High, proclaiming your love in the morning and your faithfulness at night.

James 1:21

Psalm 119:147 *“I rise before dawn and cry for help; I have put my hope in your word.*

Isaiah 50:4 *The Sovereign LORD has given me his words of wisdom, so that I know how to comfort the weary. Morning by morning he awakens me and opens my understanding to his will.* NLT

Establish a _____

Ephesians 5:15-16 ***Be very careful, then, how you live— not as unwise but as wise, ¹⁶making the most of every opportunity,***

_____ Your _____

Matthew 6:22-23 ***“The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. ²³But if your eyes are unhealthy, your whole body will be full of darkness.***

Proverbs 15:14 : ***“A wise person is hungry for knowledge, while the fool feeds on trash.”*** NLT

Psalm 119:37 ***“Turn my eyes from worthless things, and give me life through your word.”*** NLT

Begin an _____

Daily _____ with people _____

1 Thessalonians 5:11 ***“Therefore encourage one another and build each other up,***

This week’s challenge

_____ with 3 to 5 _____ this week