



“Healthy Steps to Weather the Storm”
Anchor For Our Hope
Part 1

Romans 12:11-12 NLT “Never be lazy, but work hard and serve the Lord enthusiastically. Rejoice in our confident hope. Be patient in trouble, and keep on praying”

Demonstrate Grace

***James 4:6 NLT “And He gives grace generously.
As the Scriptures say, “God opposes the proud
but gives grace to the humble.”***

Refuel your soul morning and evening

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.”

Establish a simple routine

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

Monitor You Media Intake

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

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

Begin an enjoyable habit

Daily connect with people you love

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

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