

P

DON'T CARRY THIS HARD THING ALONE. TELL GOD. HE CARES.

PRAY

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God cares for you, so turn all your worries over to Him. 1 Peter 5:7

PRAY



A

IF YOU CAN'T CHANGE IT, ACCEPT IT. EVEN IF IT GETS WORSE, GOD'S IN CONTROL OF IT ALL

ACCEPT

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I know that you can do everything and that no plans of yours are unstoppable. Job 42:2

ACCEPT WALK

W

TAKE THE NEXT RIGHT STEP. DO THE NEXT RIGHT THING TO SHOW GOD'S LOVE.

WALK

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Even children are known by the way they act, whether their conduct is pure, and whether it is right. Prov 20:11



S

SING OUT LOUD WITH A SONG THAT SAYS "THANK YOU GOD"

SING

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Let everyone who takes refuge in the Lord rejoice, let them sing for joy. Psalm 5:11

SING



What to do when you feel scared or worried



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