

# **COPY GOD'S WORD**

## **TO FIGHT THE SUNDAY SCARIES**

Find a notebook or the back of a scrap paper

Hand write the Scripture (ESV below) and pray as you meditate on the passage

Repeat as many times as you like, make notes, and share with others

### **PROVERBS 16:9**

The heart of man plans his way, but the Lord establishes his steps.

### **MATTHEW 11:28-30**

Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.

### **PHILIPPIANS 4:4-7**

Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.