



## WEEKLY STRESS MANAGER

### SEEK PEACE & PURSUE IT

Date:

What is stressing you out?

If yes, write down how you can fix it. If no, write down your prayer to God.

Is it within your control?

☐ Yes ☐ No

### LET ALL THAT YOU DO BE DONE IN LOVE

Date:

What is stressing you out?

If yes, write down how you can fix it. If no, write down your prayer to God.

Is it within your control?

☐ Yes ☐ No

### GOD INTENDS REST NOT STRESS

Date:

What is stressing you out?

If yes, write down how you can fix it. If no, write down your prayer to God.

Is it within your control?

☐ Yes ☐ No

### GIVE GOD YOUR ANXIETIES AND HE WILL GIVE YOU REST

Date:

What is stressing you out?

If yes, write down how you can fix it. If no, write down your prayer to God.

Is it within your control?

☐ Yes ☐ No