

Pause and be Present

Invite God into your joy, work, family, problems, and stress. Feel His presence with you.

Joshua 1:9

Rest and Rejoice

Relax and praise God for His faithfulness!

Philippians 4:4

HOW TO P.R.A.Y. WITHOUT CEASING

1 Thess. 5:17

Ask for Assistance

Before you come up with your solution, ask God for His!

Admit you don't have all the answers and need God's help.

Phillippians 4:6-7

Yield to the Yoke

When you find yourself fighting and struggling, submit to God's will for you.

Matthew 11:28-30