

Don't fret or worry. Instead of worrying, pray.  
Let petitions and praises shape your worries into prayers, letting God know your concerns.  
Before you know it, a sense of God's wholeness, everything coming together for good,  
will come and settle you down.

It's wonderful what happens when Christ displaces worry at the

## center

of your life. Philippians 4:6 (The Message)

# Healthy Ways to *Lead a God Centered Life*

## BREATHE

Allow yourself to be fully present with the people and activities in your daily life.  
Let God be fully present in all that you do.

*Take 10 Deep Breaths*

## STRETCH

Gently stretch your mind, body and spirit in new ways. Increase your daily exercise to 30 minutes ~ Try new ways to spend time with God in your daily routine ~ Get to know the people who live and work around you (connect)

*Meet a new person today at church*

## LAUGH

Adults often limit themselves to 15 or fewer laughs a day. Take a hint from children who laugh up to 400 times each day! When doing a task, ask yourself "Where can I find the Joy of Christ here, right now!"

*Allow yourself to laugh and smile ~ every day!*

## PRAY

Explore Christian Spiritual Practices that feed and calm your soul. Spend time with God, your Bible, and other people who are on a spiritual Journey.

Prayer is both expressive and receptive ~ LISTEN for God's "still, small voice".

*Pray while you walk*

## BALANCE

Lovingly assess the *Balance* in all areas of your life. Create time for *self-care* so that you have energy for *other-care*. Be empowered to say YES! in areas where your gifts shine, and NO when needed.

LESS is MORE

*Use the specific skills and talents God has gifted you*

## SURRENDER

Intentionally turn every aspect of your life over to God. Try to accept what you can not change and reposition yourself to find a new perspective in challenging situations and relationships.

*Rest in stillness for 10 minutes today*

*~Let Go and Let God~*