

Anchored in Rest

A GUIDE TO QUIETING YOUR SOUL
BEFORE THE LORD

Be still.

...“BE STILL, AND KNOW THAT I AM GOD”...
PSALM 46:10A

Find a still, quiet place and remove all distractions.
(Turn off your phones, television, or anything that could distract you.)

Cast your cares.

CAST ALL YOUR ANXIETY ON HIM BECAUSE HE
CARES FOR YOU.
1 PETER 5:7

Pray to God and share your burdens with Him. Turn over the control and release these things to God's care.

Reflect on His faithfulness.

I WILL REMEMBER THE DEEDS OF THE LORD; YES, I
WILL REMEMBER YOUR MIRACLES OF LONG AGO.
PSALM 77:11

Think about the many ways God has been faithful in the past.
Thank Him for keeping His promises to you.