

# What are you anxious or stressed about?



“Do not worry about anything, but pray and ask God for everything you need, always giving thanks. And God’s peace, which is so great we cannot understand it, will keep your hearts and minds in Christ Jesus.”

**Philippians 4:6-7**

# What are you angry about?



“But you, Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness. Turn to me and have mercy on me; show your strength in behalf of your servant”

**Psalm 86:15-16**

# What are you glad about?



"I pray that the God who gives hope  
will fill you with much joy and peace  
while you trust in him. Then your  
hope will overflow by the power of  
the Holy Spirit"  
**Romans 15:13**

# What are you sad about?



“Why am I so sad? Why am I so upset? I should put my hope in God and keep praising him, my Savior and my God.”

**Psalm 4:5**