


*look to*  
**GOD**  
*in difficult times*



Extending the Healing Ministry of Christ

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A photograph of a field of blue and green flowers, possibly crocuses, with a green overlay. The text is overlaid on the left side of the image.

You, **LORD**, are **MY LAMP**;  
the Lord turns **DARKNESS**  
**INTO LIGHT.**

**2 SAMUEL 22:29**

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When you face unexpected challenges, where will you turn? Look to God. His love illuminates the darkness, giving you strength and hope to step forward. In these pages, you will find encouragement from the Bible, as well as practical steps to help you move from darkness to light.

**Whatever your burdens,  
turn to Him today.**

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when held captive by **anxiety**,  
find **freedom** in the light

Anxiety is like a prison without walls. You may be free on the outside, but on the inside, you are bound by fear and worry. Life's uncertainties can weigh you down until you feel there is no way to escape.

But there is hope. Look to God. He says, **“Give Me every fear, every anxious thought and I will shine My love upon you. There is nothing to be afraid of for I am with you.”** Giving your worries to God does not mean you won't ever feel anxious but that you won't be trapped by your feelings.

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**Give all your worries  
and cares to God for  
HE CARES ABOUT  
YOU. 1 PETER 5:7**

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Do not be anxious  
about anything,  
but in everything,  
**BY PRAYER** and petition,  
**WITH THANKSGIVING,**  
present your **REQUESTS**  
**TO GOD.**

**PHILIPPIANS 4:6**



**Here are just a few of the many ways  
to escape the prison of anxiety.**

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- 1. Know Your Triggers** When and where do you feel anxious? Knowing will give you power to prepare strategies to deal with your anxieties before they happen.
- 2. Breathe Deeply** A deep breath sends a signal to your brain that you're okay. Inhale and hold, then slowly exhale to loosen tension.
- 3. Move Your Body** Your body and your mind are intimately connected. Exercise to release feel-good neurotransmitters in the brain called endorphins, which can ease your anxieties and boost your sense of well-being.
- 4. Rest Your Body** Sleep is essential for mental and physical health and peace of mind. Protect the quality and length of your sleep each night.
- 5. Be Present** Focus on only the one thing before you and put everything else out of your mind. Make lists to get organized and you may instantly feel less overwhelmed.
- 6. Seek Professional Help** If your anxiety is constant and you find yourself unable to manage your feelings, talk to your doctor about seeing a mental health specialist.

when filled with **loneliness**,  
find **comfort** in His promise



Loneliness is like a hollow space deep inside. It's an emptiness that makes the days hard to bare and the nights seem endless. You struggle to appear as though you have it all together, but you can't shake the feeling that something is missing.

**But you are never alone.  
God promises to be with you.**

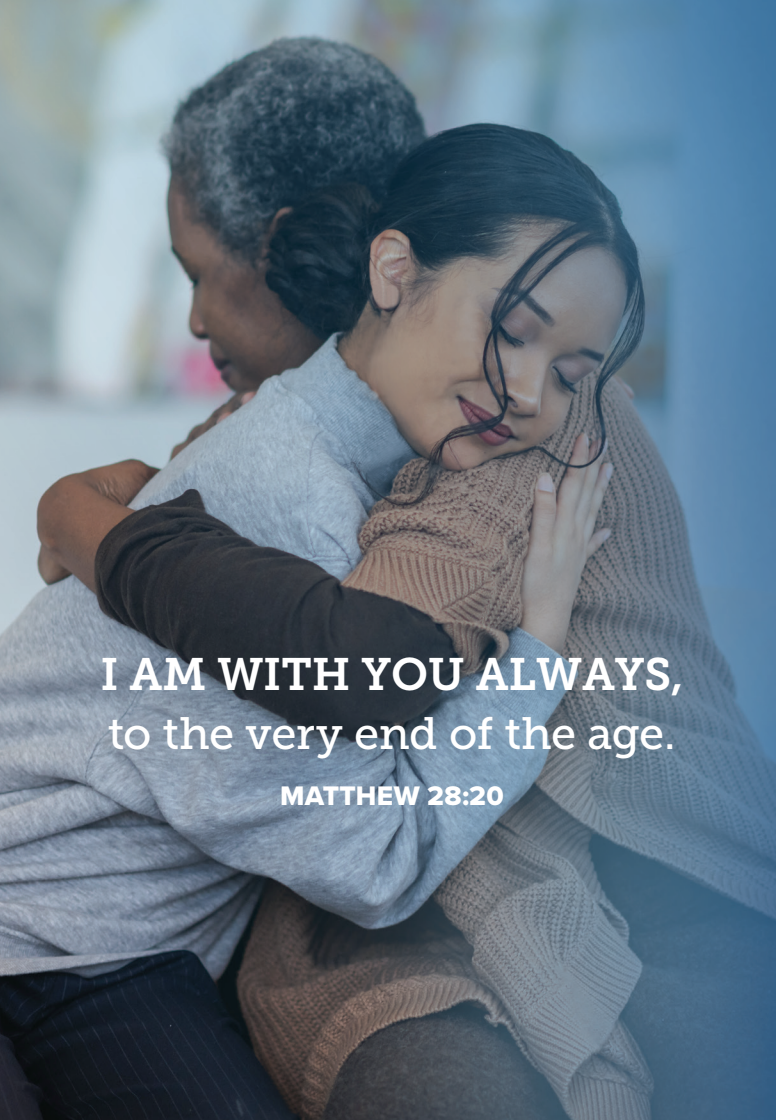
He understands what it means to be alone. He cried out to His own Son while on the cross. He walked a lonely path, knows your burdens and understands your longing for love and friendship. When you fully know and trust Him, life's shadows can disappear.

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**THE LORD your  
God goes with you;  
HE WILL NEVER  
LEAVE YOU  
nor forsake you.**

**DEUTERONOMY 31:6**

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**I AM WITH YOU ALWAYS,**  
to the very end of the age.

**MATTHEW 28:20**

Here are some ways to help you overcome your loneliness.

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1. **Tell Yourself What is True** Loneliness is a powerful feeling, but it's still just a feeling. Don't let loneliness distort the truth. Defend yourself with facts.
2. **Make a Plan** Set aside time in your schedule to stand up to loneliness. Plan healthy interactions with friends and family.
4. **Show Up** 90 percent of life is showing up. Don't retreat into yourself. Keep your appointments, especially social ones.
4. **Move Outward, Not Inward** When you are lonely, it's easy to feel like an outcast and withdraw from others. But instead of reinforcing this, reach out and work to develop a relationship.
5. **Be Persistent but Patient** Friendships and relationships take time so don't give up.

when feeling **discouraged**,  
find **hope** in His faithfulness



Discouragement is like a thick fog that clouds your vision. Perhaps it comes from a missed opportunity, broken relationship or overwhelming financial situation. Whatever the case may be, discouragement can blind you from seeing what is right in front of you — a new experience, an opportunity for growth, and, most importantly, a loving God who will hold you close at your most desperate moments.

**Keeping your eyes on God can dissipate the fog and help to bring your life back into focus.**

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**I waited patiently for the Lord; He turned to me and HEARD MY CRY... He set my feet on a rock and GAVE ME a FIRM PLACE to stand. PSALM 40:1, 2**

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# HE HEALS the BROKENHEARTED and binds up their wounds.

PSALM 147:3



Here are strategies for finding hope again.

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- 1. Encourage Someone Else** It may seem odd, but you can overcome discouragement by lifting someone else up. In doing so, you'll often find encouragement yourself as well.
- 2. Consider Your Company** Who you spend the most time with matters. If you're around people who are negative or feel sorry for themselves, you are likely to do the same. So surround yourself with friends and family with positive attitudes.
- 3. Look Ahead** Discouragement generally occurs when our expectations don't match reality. Often our expectations are unrealistic or we want to see change faster. Take a longer view and be patient.
- 4. Reframe Setbacks** Do you tend to draw conclusions too soon or magnify situations? Reframe your story and you may see your challenges in a new light.
- 5. Seek Help** Talk with someone you trust. If you are suffering from severe depression, see a professional for immediate help.



when burning with **anger**,  
find **relief** in surrender



Anger is like a roaring fire that can threaten all you hold dear. For some, the smallest spark sets off a wild blaze. Others disguise the flame with a smiling face, masking resentment from years of hurt smoldering just beneath the surface. If uncontrolled, anger can destroy relationships, and extinguish your passion for life.

So how do you control anger? Pause a moment and surrender your angry thoughts to God, knowing that He understands each frustration. **Claim His promises of peace and trust that He will help you work through the causes of your anger.**

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**The LORD is GRACIOUS  
and COMPASSIONATE,  
slow to anger and  
RICH IN LOVE. PSALM 145:8**

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# REFRAIN FROM ANGER and turn from wrath; DO NOT FRET — it leads only to evil.

PSALM 37:8



With planning and prayer, you can understand the reasons behind your anger. Here are some ways to start the process.

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- 1. Slow Down** Anger is not a good problem solver. Wait until you're calm before dealing with a situation.
- 2. Think Before You Speak** If you feel yourself getting angry, take a moment to collect your thoughts. This will help you avoid saying things you might regret later.
- 3. Use "I" Statements** Express concerns without assigning blame or making generalities. "I'm upset that you didn't do the dishes" vs. "You never do dishes."
- 4. Forgive** Forgiveness is powerful and important for your well-being. Forgiving someone who hurt you is not easy but will save you from bitterness. Forgiving yourself is equally important to overall healing.
- 5. Seek Help** If your anger is out of control, hurts those around you or causes you regret, seek help from a counselor or specialist.

when filled with **envy**, find  
**contentment** in gratitude



Envy starts in the eyes or ears. You see or hear about something that belongs to someone else. It seems perfect and you wonder why it can't be yours. You wish it were. You begin to resent the other person for having what you do not. Your own blessings may not seem good enough. You may not even realize it, but you are consumed with envy.

There is a cure. Gratitude.

Gratitude is a mindful awareness of the joys of life. **And gratitude leads to contentment, which only comes when you stop focusing on what you don't have and express gratitude for the blessings God has given you.**

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**LOVE IS PATIENT  
and KIND. It does  
not envy, it does  
not boast, it is not  
proud. 1 CORINTHIANS 13:4**

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**A HEART AT PEACE**  
gives **LIFE** to the **BODY**,  
but envy rots the bones.

**PROVERBS 14:30**

**These tips will help you recognize envious triggers and guide your search for gratitude and contentment.**

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- 1. Recognize Your Envy** You can't solve a problem if you fail to acknowledge you have one. So be honest about what you're feeling when it comes to your own envy.
- 2. Limit Social Media** Don't get caught up in comparing your life to others. Remove yourself from social media as much as possible.
- 3. Discover Causes of Insecurity** Insecurity can be caused by unhealthy relationships or environment, or a traumatic event. Work to uncover the source of your insecurity to understand how you can change it.
- 4. Learn and Grow** Spend time in self-reflection to understand yourself and why you have the feelings you do. Learn from your discovery.
- 5. Count Your Blessings** Keep a gratitude journal. Grateful individuals demonstrate less envy, materialism and self-comparison. Thankfulness improves self-esteem and enhances relationships and quality of sleep — all of which help lessen feelings of envy.



I can do all things  
through **CHRIST** who  
**STRENGTHENS ME.**

**PHILIPPIANS 4:13**

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*Dear God,*

*In Your mercy, hear my prayer.  
Give me Your strength to  
overcome my troubles, for mine  
has failed me.*

*Let me feel Your presence each  
day for You have said You will  
never leave me nor forsake me.*

*In Jesus' name,*

*Amen*

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