

SOUL CARE

GROUNDING WITH CHRIST

GROUNDING WEEK FIVE MEMORIZE SCRIPTURE

A powerful tool to ground ourselves when triggered, is to quote God's Word in any given situation.

- Memorize One Scripture a Week
- When Triggered Quote God's Word
- Pray God's Word Over Your Life & Situation

PHILIPPIANS 4:6-7

Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

MATTHEW 11:28-30

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

2 TIMOTHY 1:7

For God has not given us a spirit of fear, but of power and of love and of a sound mind.

PHILIPPIANS 4:13

I can do all things through Christ who strengthens me.

