

count yourself CALM

Pray, "God help me trust you..."
(big breath in) "with all my
heart." (big breath out)



**Name 5 gifts
from God that
bring you joy.**

**Name 4 gifts from
God that make
you feel peaceful.**



**Name 3 people in
your life who make
you feel better.**

**Name 2 promises
of God that give
you hope.**



**Think of 1 word to
describe God that
calms you down.**

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