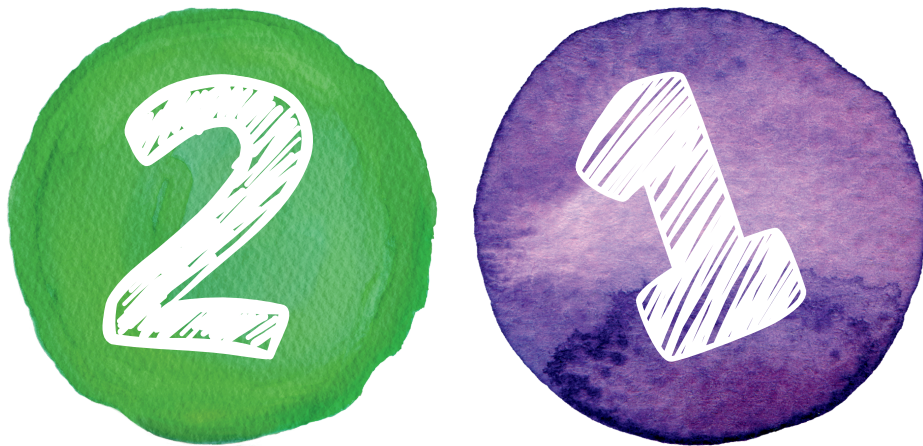




count yourself **CALM**

TAKING BIG FEELINGS TO A BIG GOD



Worksheets adapted from the book:

Count Yourself Calm
Taking BIG feelings to a BIG God
written by Eliza Huie



spiral BREATHING

and a prayer

1. Place a finger in the middle of the spiral.
2. Breathe in slowly through your nose and pray, "God help me trust you..." while tracing the spiral as many times as it takes to fill your lungs completely full of air.



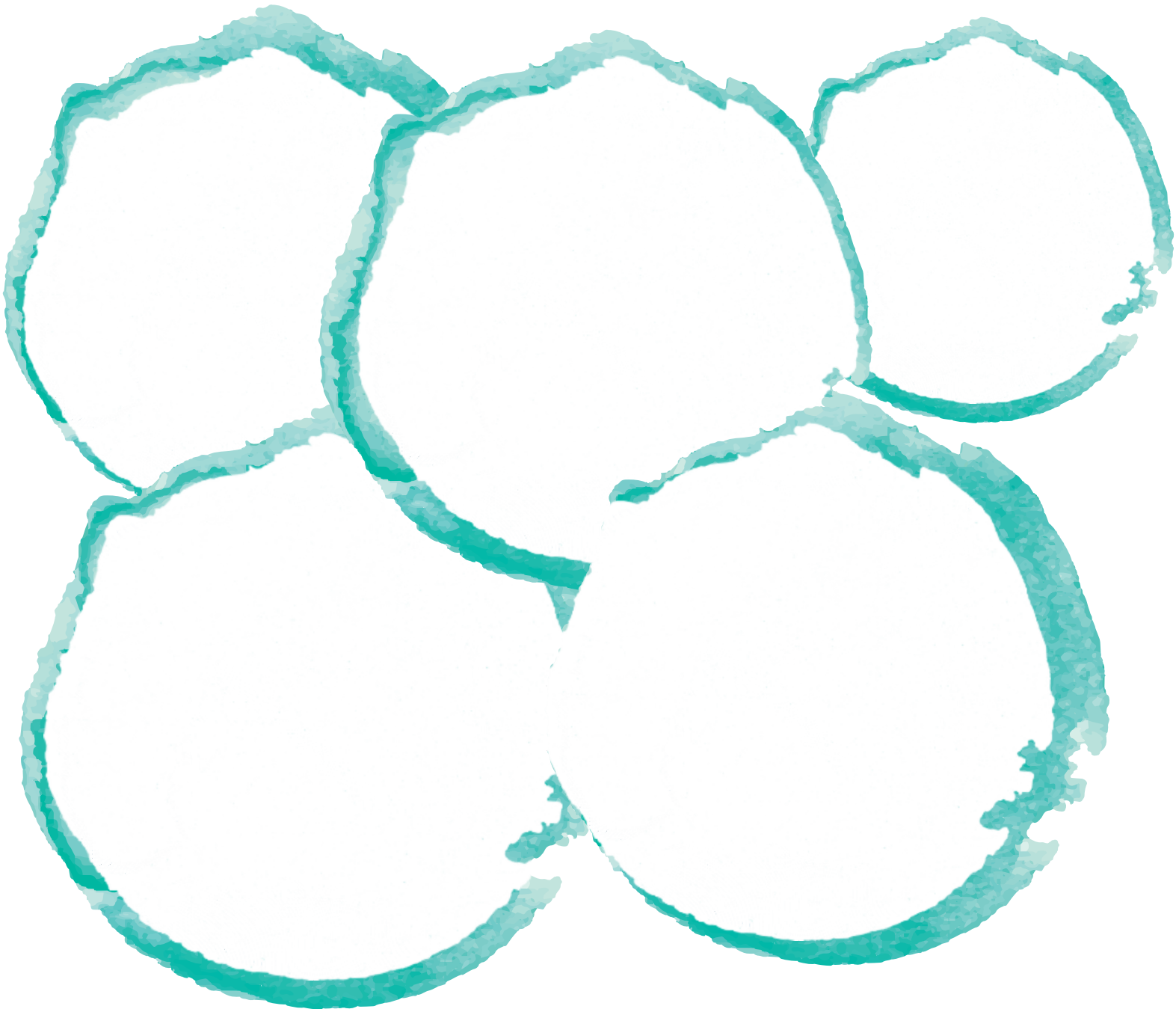
3. Now, slowly blow all of the air from your lungs through your mouth and pray, "...with all of my heart" while tracing the spiral back to center.
4. Repeat as many times as necessary.



Proverbs 3:5 says:
Trust in the LORD with all your heart, and do not lean on your own understanding.

share five **THINGS**

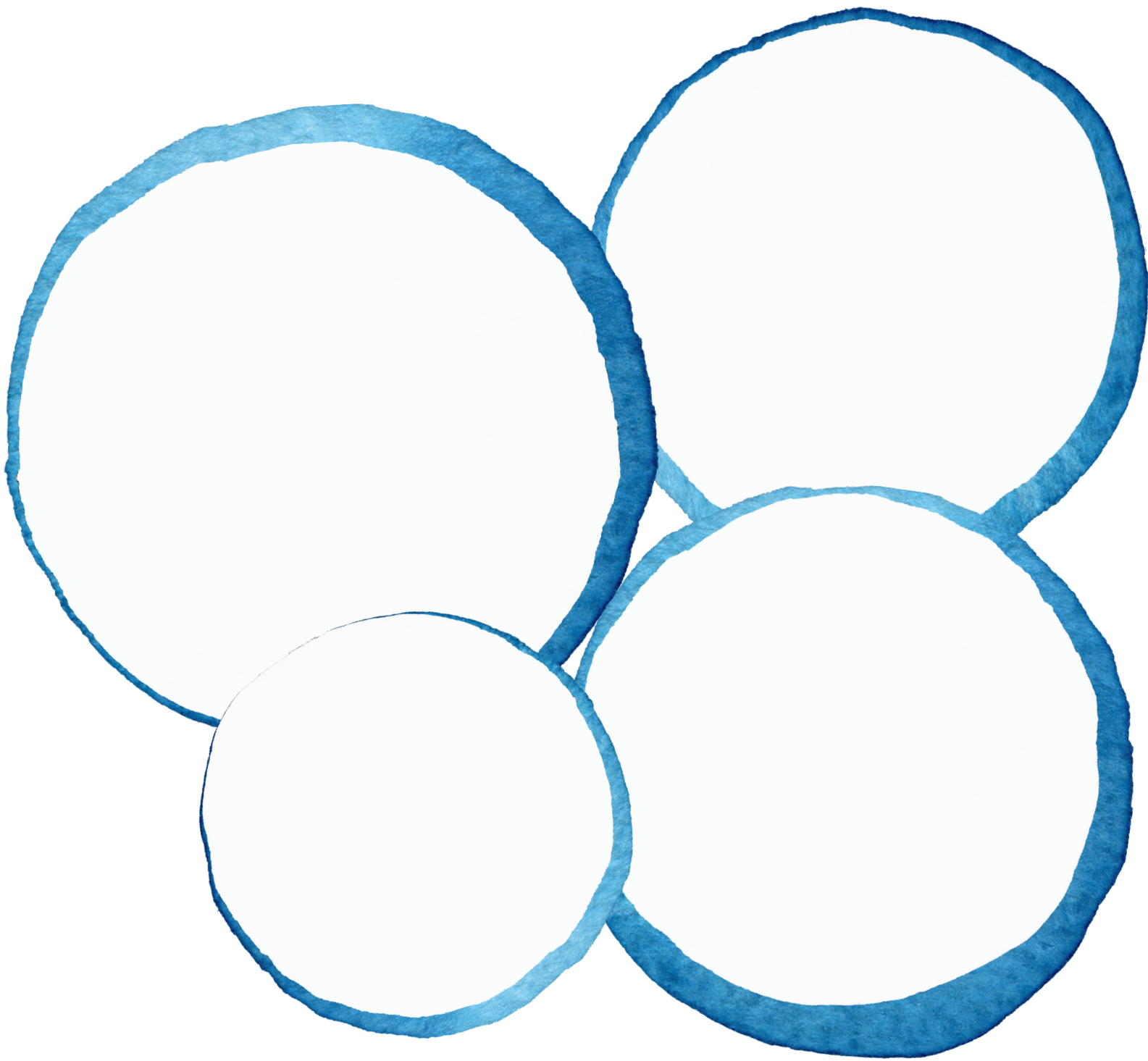
God made that bring you JOY



Psalm 126:3 says
“ The Lord has done great things
for us; we are glad.”

share four **GIFTS**

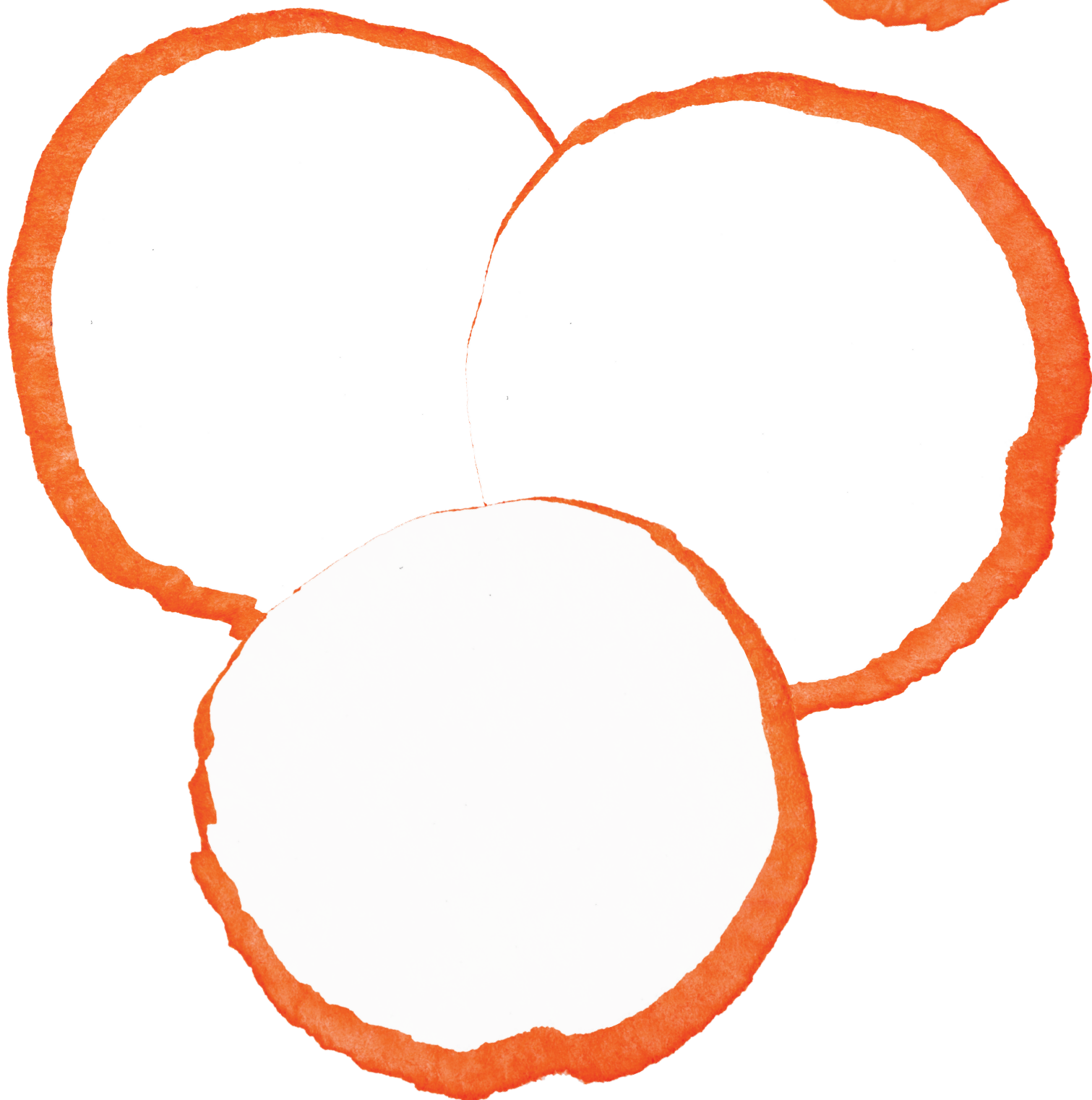
from God that make you feel peaceful



Psalm 4:8 says:
In peace I will both lie down and sleep;
for you alone, O Lord, make me dwell in safety.

share Three PEOPLE

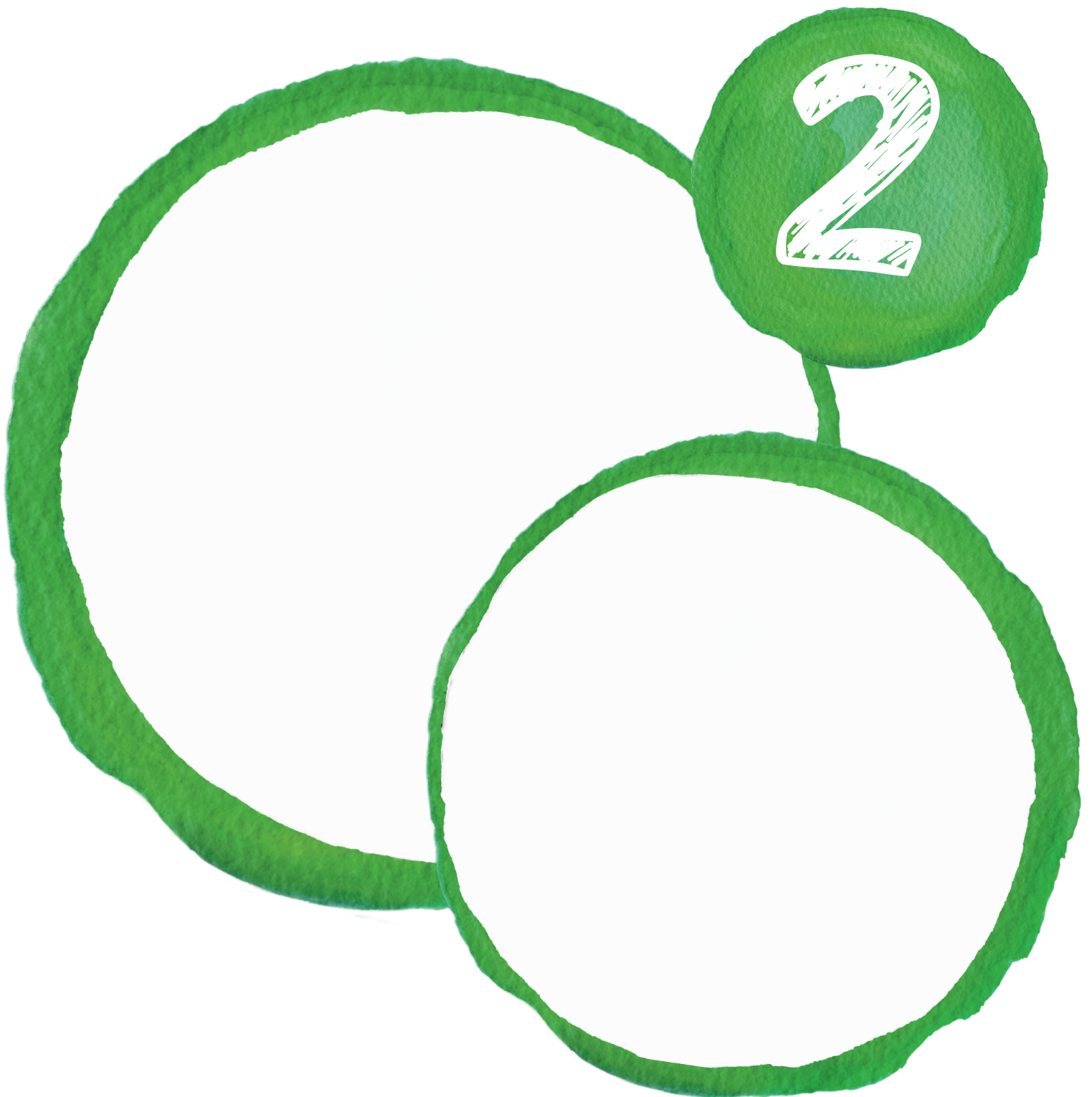
in your life God uses to encourage you



1 Thessalonians 5:11 says:
**"Therefore encourage one another and build
one another up, just as you are doing."**

share two **PROMISES**

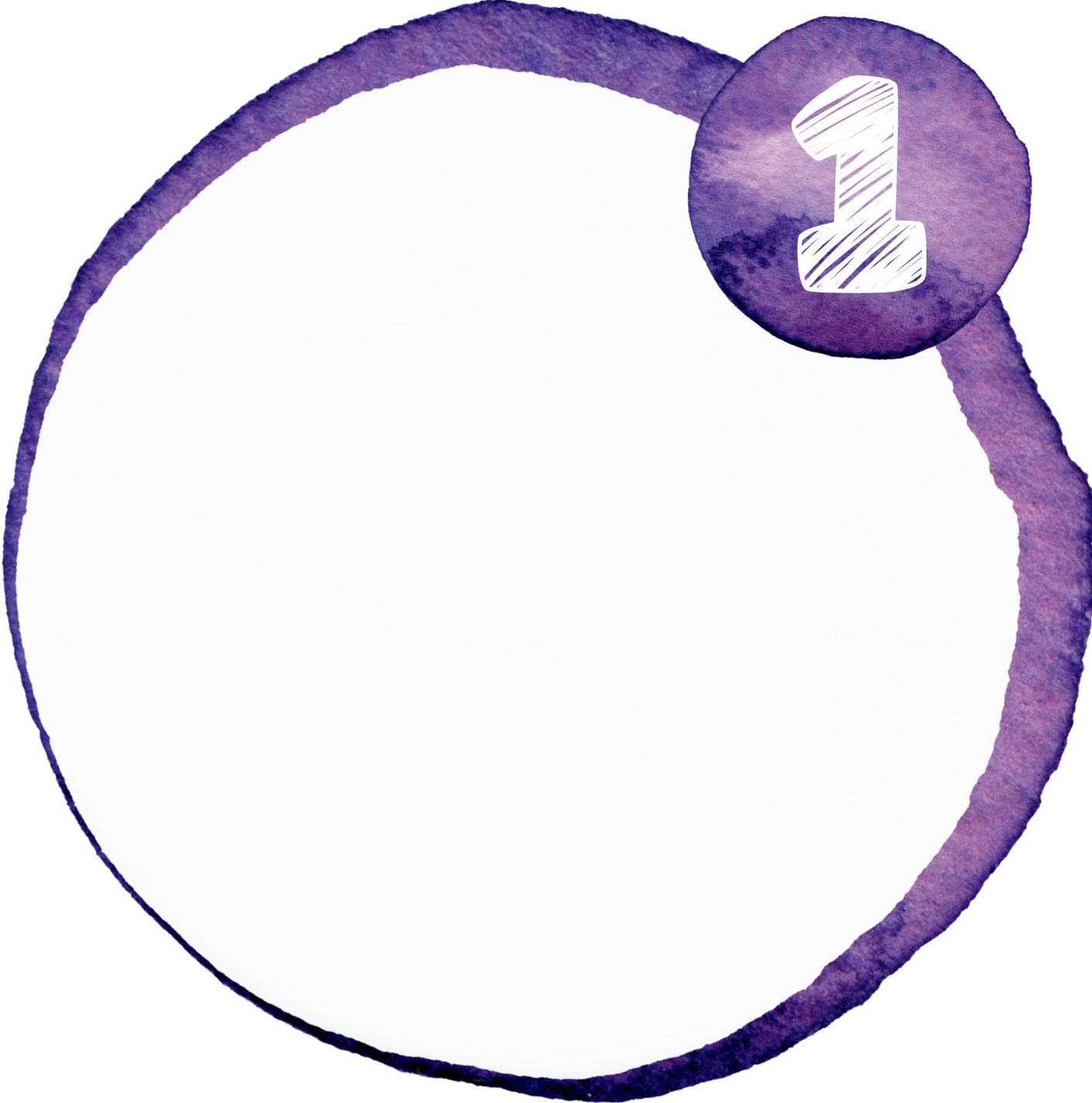
of God that give you hope



Romans 15:13 says:
"May the God of hope fill you with all joy and
peace in believing so that by the power of the
Holy Spirit you may abound in hope."

share one **WORD**

that describes God and calms you down



1

**Psalm 46:1 says:
"God is our refuge and strength,
a very present help in trouble."**