



When your thoughts and emotions are in a tailspin, do this:

This checklist assumes you have a daily practice of listening to God in the Church's daily Scripture readings, such as LOVE the Word®. Don't complain that God is silent when your Bible is closed. ♥

STOP



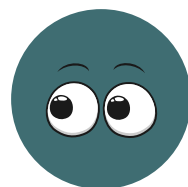
S - Sin not
T - Tell God
O - Offer the right sacrifice
P - Put your trust in God
Psalm 4:4, Pages 86-87

ACKNOWLEDGE



Always acknowledge the truth of what you really feel. Let everything exist. Look for the positive, look for the dew in your sorrow. Ask God to show it to you if you can't see it. Take negativity and fear to the feet of Jesus and leave it with Him (repeat). John 8:32, Page 59

SEEK WISDOM



The Bible promises when we ask for wisdom, God's perspective, He will always give it to us. When we have God's perspective, we have His peace. James 1:5, Page 59

DIVERT YOUR THOUGHTS



'Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things.' Philippians 4:8, Page 60

USE YOUR THREE BRAINS



Our head brain (cognitive, cephalic brain), heart brain (emotional, cardiac brain), and gut brain (intuitive, enteric brain) work together to collect and process sensory information. Are your head, heart, and gut in agreement?

GRATITUDE



Gratitude focuses on the positive. And gratitude is a magnet for miracles! How can you observe daily dew with thanksgiving if you aren't looking for it? End each day with a gentle Ignatius Examen to cultivate conscious gratitude. Philippians 4:6, Page 60

VISUALIZE



With the Holy Spirit and in His presence visualize your "peace place," or your transforming picture. Use all your senses to place yourself there. Breathe deeply through your diaphragm. Pages 91-94

TRUST



The only way to learn that God is trustworthy is to trust Him in deprivations. Take Him at His Word, step out in faith, and act on what He says. 'My God will supply all your needs according to His riches in glory.' Philippians 4:19, Pages 60-61