

# 3 Steps to Experiencing Peace

... even when you feel stressed or overwhelmed!



## Step 1: Tell God everything through prayer.

“Answer me when I call to you, my righteous God. Give me relief from my distress; have mercy on me and hear my prayer.”  
– Psalm 4:1

“Listen to my words, Lord, consider my lament. Hear my cry for help, my King and my God, for to you I pray. In the morning, Lord, you hear my voice; in the morning I lay my requests before you and wait expectantly.” – Psalm 5:1-3

## Step 2: Be still. Know that He is God.

“Be still [Cease striving! Let go! Relax! Let alone! Be quiet!] and know that I am God.” – Psalm 46:10

## Step 3: Cast your burdens on the Lord ... then breathe.

“Cast [throw, hurl, fling] your burden upon the Lord and He will sustain (support, supply, nourish) you; He will never allow the righteous to be shaken.” – Psalm 55:22

Exhale all your concerns, stress, and overwhelm. Inhale the freedom and release that the Lord alone offers.