

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. **John 14:27 (NIV)**

THE BIBLE'S ANTIDOTE TO A MOTHER'S STRESS

1. _____ MORE

A cheerful heart is good medicine, but a broken spirit saps a person's strength. **Proverbs 17:22 (NLT)**

What _____ does

- Reduces _____
- Strengthens _____ function
- Decreases _____

2. RELEASE _____

Give all your worries and cares to God, for he cares about you. **1 Peter 5:7 (NLT)**

3. FIND _____

But God has shown us how much he loves us—it was while we were still sinners that Christ died for us! **Romans 5:8 (GNT)**

...The only thing that counts is faith expressing itself through love. **Galatians 5:6b (NIV)**

- _____ faith

Therefore, since we have been made right in God's sight by faith, we have peace with God because of what Jesus Christ our Lord has done for us. **Romans 5:1 (NLT)**

- _____ faith

I can do all things through Christ who strengthens me. **Philippians 4:13 (NKJV)**

- _____ faith

And we know that in all things God works for the good of those who love him, who have been called according to his purpose. **Romans 8:28 (NIV)**