**Summary of *Find Rest from your Worries* program**

Key Bible verses:

Philippians 4:6-7 Do not be anxious about anything. But with everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God which transcends all understanding, will guard your hearts and minds in Christ Jesus.

Matthew 11:28 Come to me all who are weary and burdened and I will give you rest.”

Psalm 77:11 But then I recall all you have done, O Lord; I remember your wonderful deeds of long ago. They are constantly in my thoughts. I cannot stop thinking about your mighty works

The program includes Biblical teaching, music, poetry, skits and practical applications aimed at helping us find rest from our worries. Participants are encouraged to stop their worry habits by using practical exercises as they grow in faith and trust in God. Some of the questions addressed in this program:

* What do you worry about?
* How does remembering God’s faithfulness help us stop worrying?
* What steps can you take, today, to stop worrying?

The program can be taught in 1, 2 or 3 sessions, with each one running from 45 minutes to an hour. Key points are made within all programs, but multiple sessions allow us to explore the topic in greater detail.