

C.A.L.M

Write down the C.A.L.M. acronym, and place it somewhere accessible to remind yourself that “the peace of God, which surpasses all understanding, will guard your hearts and minds.”

Celebrate God’s goodness.

“Rejoice in the Lord always” (Phil. 4:4).

How will you express your joy for God’s goodness today?

Ask God for help.

“Let your requests be made known to God” (v. 6).

If you don’t already keep a prayer journal, start one. Begin with today’s requests.

Leave your concerns with him.

“With thanksgiving . . .” (v. 6).

At bedtime review the concerns you left with God this morning. Thank him for relieving you of your anxious thoughts.

Meditate on good things.

“Think about the things that are good and worthy of praise” (v. 8 ncv).

Plan your day to include time alone with God.

Adapted from Anxious for Nothing by Max Lucado.