

Read Online Calm My Anxious Heart Linda Dillow

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Calm My Anxious Heart-Linda Dillow 2020-10-06 More than 500,000 Copies in Print! Helping Women Trust God and Overcome Anxiety--Field-Tested, Revised, and Updated for a New Generation of Readers As women--whether single women, married women, moms, grandmothers--we worry a lot. We worry about our children, our friends, our careers, our families, our spouses--and the list goes on. We want to be content and trust God with our worries, but it's a struggle to let go and free ourselves from the burden of anxiety. If you're tired of worrying about all the what-ifs in your life and want to experience the calm and contentment that the Bible promises, Calm My Anxious Heart is what you've been looking for. Filled with encouragement and practical help for overcoming anxiety, this book includes a ten-week Bible study to help you discover what the Bible says about anxiety and contentment and ways to apply it to your daily life. This classic book has been field-tested, revised, and updated for a new generation of readers. A companion journal is also available to record your thoughts as you listen to God's teaching, embrace the present, and live with joy. With Calm My Anxious Heart, you can let go of anxiety and experience contentment that comes from trusting God.

Calm My Anxious Heart-Linda Dillow 1998 Filled with encouragement and practical help for overcoming anxiety, this book by Linda Dillow includes a twelve-week Bible study to help you discover what the Bible says about contentment and ways to apply it in your daily life.

Calm My Anxious Heart Journal-Linda Dillow 2020-10-06 A Companion Journal to Calm My Anxious Heart, a Book that Has Helped More than 500,000 Women Trust God and Overcome Anxiety--Now Revised for a New Generation of Journalers Read the book, learn through the 10-week Bible study, and reflect through journaling on your journey to contentment to create lasting change as you overcome worry. As women--whether single women, married women, moms, grandmothers--we worry a lot. We worry about our children, our friends, our careers, our families, our spouses--and the list goes on. We want to be content and trust God with our worries, but it's a struggle to let go and free ourselves from the burden of anxiety. If you're tired of worrying about all the what-ifs in your life and want to experience the calm and contentment that the Bible promises, practice self-care by using the Calm My Anxious Heart Journal along with the new and updated Calm My Anxious Heart book to find lasting freedom. Record your thoughts as you listen to God's teaching, embrace the present, and live with joy. With Calm My Anxious Heart book and companion journal, you can let go of anxiety and experience contentment that comes from trusting God.

My Journey to Contentment-Linda Dillow 2014-02-27 This companion journal to the 12-week Bible study Calm My Anxious Heart by Linda Dillow helps women focus on growing in contentment and faith. Learn to trust God completely and have victory over the fears that can overwhelm you.

What's It Like to Be Married to Me?-Linda Dillow 2011-02-01 What's It Like to Be Married to Me? is about knowing the difference between having a desire for a better marriage and setting the goal of a better marriage--as readers look in the mirror to see how they can change. Bestselling author Linda Dillow understands that most women want more from their marriage but don't know how to get it. In What's It Like to Be Married to Me?, Dillow challenges readers to ask the riskiest questions: What is it like to be married to me? What is it like to make love with me? Why do I want to stay mad at you? Extremely intimate and honest, What's It Like to Be Married to Me? is not a book about marriage at all. It is a book about how to live out marriage, day-by-day and year-by-year, and watch who you become as a wife impact the intimacy in your marriage!

Intimate Issues-Linda Dillow 2009-07-28 Intimate Issues answers the twenty-one questions about sex most frequently asked by Christian wives, as

determined by a nationwide poll of over one thousand women. Written from the perspective of two mature Christian wives and Bible teachers--women who you'll come to know as teachers and friends--Intimate Issues is biblical and informative: sometimes humorous, other times practical, but always honest. Through its solid teaching warm testimonials, scriptural insights, and experts' advise, you'll find resolution for your questions and fears, surprising insights about God's perspective on sex, and a variety of practical and creative ideas for enhancing your physical relationship with the husband you love. With warmth and wisdom, authors Linda Dillow and Lorraine Pintus speak woman to woman: examining the teachings of Scripture, exposing the lies of the world, and offering real hope that every woman's marriage relationship can become all it was intended to be in God's design.

Passion Pursuit-Linda Dillow 2013-07-22 A Bible study about sex for women? Now that's different! This new study, Passion Pursuit: What Kind of Love Are You Making?, lets God's Word speak about sex as being holy and erotic, blessed by God, and satisfying far beyond what the world can even imagine. Picture that as a headline on the cover of Cosmopolitan! By using scripture throughout the Bible, Passion Pursuit not only urges women to pursue passion but details how God has given them permission to do so. Though there is fun to be had along the way in this study, it hits hard on the questions women have but are hesitant to ask, like: What does God say is okay and not okay in the bedroom? I'm 54 years old; how can my husband still be attracted to me? Why did God make men and women so different? This audaciously bold study combines the psychological expertise of Dr Juli Slattery, formerly of Focus on the Family, along with moving stories from trusted Bible teacher and best-selling author Linda Dillow. The groups who have already done this study have seen their marriages come alive, whether they've been married four months or forty years; be next!

Creative Counterpart-Linda Dillow 2003-01-01 Offers advice to women on such topics as encouraging a husband, living above one's circumstances, and the vocations of wife and mother, in a guide that includes a Bible study and project suggestions. Original.

Gift-Wrapped by God-Linda Dillow 2009-07-01 Women who have maintained their sexual purity often ask, "Is it really that important for me to wait until I get married?" Meanwhile, single women who have been sexually active mourn the loss of their innocence, wishing they could somehow start again. Women want to protect the purity that is God's gift to them, and they also long to be loved. This volatile combination makes them vulnerable to temptation. That is why it is vital that women know not only that God wants them to wait, but why God wants them to do so. They need solid reasons, conviction, and a strategy that will prepare them to live out their sexual purity as God intends. Filled with powerful true stories of hope and healing, Gift-Wrapped by God provides compelling emotional and spiritual reasons for choosing God's path of sexual purity, as well as practical help for following it. Whether women have held onto their sexual innocence, have become prematurely sexually active, or have had their purity taken by force, they can express and fulfill their desire to come to their wedding day--and live out every day--sexually pure and whole.

A Deeper Kind of Calm-Linda Dillow 2014-02-27 Through the Psalms, women can learn how to positively handle the disappointments of life, discern the comforting truth found in God's Word, and be encouraged to deal with the waves of trials, depression, and discouragement. Includes a 4-week Bible study.

Prayers to Calm Your Anxious Heart-Julie Gillies 2020-09-01 Beautiful, Calming Peace When anxiety is an intrusive reality that steals your peace, holds you captive to fear, and imposes itself between you and longed-for calmness, the God of all comfort invites you to turn your gaze toward heaven. Prayers to Calm Your Anxious Heart offers 100 reassuring

devotions and Scripture-based prayers that will shift your focus toward truth, restore your hope, and fill your soul with peace. Every devotion offers... brief yet meaningful teachings to give you encouragement and inspiration relevant Scripture verses to ground you in God's promises expressive prayers to keep your heart riveted on truth You don't have to dwell in anxiety. Instead, pray. Breathe. And let your heart rest in God's calming presence.

Satisfy My Thirsty Soul-Linda Dillow 2014-02-27 Women have an innate thirst for true, genuine intimacy. Author Linda Dillow believes that this desire is created—and can only be satisfied—by a relationship with God. This 12-week devotional Bible study encourages you to move from concept into practice and establish a lifestyle of worship. Find rest and freedom from stress and grief in God's forgiveness. Includes discussion questions.

Your Beautiful Purpose-Susie Larson 2013-01-01 Popular Radio Host Shows Women How to Embrace God's Unique Call for Their Life Listeners to Susie Larson's radio show and women she meets at events across the country tell her the same thing: I want to do something meaningful for God, but I don't know what to do, or how. Drawing on her own hard-earned experiences, Larson shows readers how to overcome insecurities, busyness, and other obstacles in order to focus their gifts and passions on their unique God-assignment. With biblical insights and inspiring stories from a variety of women, this action-oriented guide will speak to every woman who has felt a nudge from God—from the visionary who wants to end poverty to the empty-nest mom who feels called to help the young single mother next door.

Trusting God with My What Ifs and Whys-Linda Dillow 2014-03-21 Women worry a lot. They worry about their children, their friends, their careers, their families, their spouses—the list could go on and on. Yes, they want to be content and trust God with their worries, but it's a struggle to let go and find freedom from the burden of anxiety. For women who are tired of worrying about all the what-ifs, if-onlys, and whys of life and want to experience the calm and contentment promised in Scripture, *Trusting God with My What-Ifs and Whys* is an excellent companion. Excerpted and adapted from *Calm My Anxious Heart* by Linda Dillon, this booklet is filled with encouragement and practical help for overcoming anxiety. It was designed to help women discover what the Bible says about contentment and offer ways to apply it to daily life.

Intimacy Ignited-Joseph Dillow 2014-12-18 Discover the freedom, holiness, and beauty of sex in marriage. Intimacy and sex should flow from an attitude of true selflessness. A verse-by-verse look at the Song of Solomon, *Intimacy Ignited* shows couples how to fire up and maintain the flames of a passionate marriage. Sex plays a vital role in every healthy marriage, yet there's more to intimacy than just sex. If your marriage doesn't have the passion it once did, learn why romance and intimacy is all about being a servant lover. Part marriage manual, part commentary, and part Bible study, *Intimacy Ignited* is a great resource.

Satisfy My Thirsty Soul Journal-Linda Dillow 2021-03-09 As a woman who wants to follow Jesus in her everyday life, you yearn for intimacy with God. You long to know His presence, to be satisfied in heart and soul, but you don't know how. You feel like you're trudging through your days, making sure you're doing everything you can for Him . . . but you can't shake the feeling that something is missing. Linda Dillow understands. She longed for depth of intimacy with God, but in the middle of a busy and complicated life, realized that she'd settled for serving Him. And when our actions for God are our primary focus, we miss the extraordinary honor of getting to be with Him. So how can we be with Him? Through a life of worship. True worship is both a specific act and a lifestyle. As you learn what it means to bow your knee (the act of worship), you'll gain a renewed intimacy with God. And as you learn to bow your thoughts, words, work, attitudes, will, and even pain (the lifestyle of worship), you'll be drawn into God's holy and life-giving presence—the place where He will truly satisfy your thirsty soul. This journal will help you move into a life of worship and discover deeper intimacy with God in an intentional and life-giving way.

Psalms for the Anxious Heart-Becky Harling 2020-06-22 Find Daily Peace in a World of Chaos The unpredictable, unprecedented repercussions of the COVID-19 pandemic have upset nearly every facet of life. For many, the hope of returning to "normal" has slowly given way to fear of the unknown. To cling to what's certain in a time of uncertainty, to find peace when anxiety abounds, look to the Psalms. *Psalms for the Anxious Heart* is a short, daily devotional that offers meditations of truth and peace. Each devotion includes a reading of a Psalm, a brief teaching on the passage, a salient

truth to cling to, and a suggested song to guide further meditation. Enter the Psalms and find relief and hope for your anxious heart in these trying times.

The Stress Cure-Linda Evans Shepherd 2014-09-09 We live in a world filled to the brim with advice, and when it comes to dealing with stress, there's plenty of advice to go around. Sleep more, eat better, avoid this, seek out that. But more advice on coping is not necessarily what the stressed and anxious person needs. What we need is a cure. Linda Evans Shepherd has discovered it. The true remedy to stress, she says, is prayer. In this inspiring book, Shepherd shows readers how to recognize God's continual presence and yield their troubles to the Prince of Peace. Through captivating stories, explorations of fascinating biblical characters, and examples of deeper-than-ever prayers, she brings within readers' grasp the peace that passes understanding. Anyone who is overwhelmed by all of the urgent demands on their time will find in this book a lifeline to true peace.

Satisfy My Thirsty Soul-Linda Dillow 2021-03-02 As a woman who wants to follow Jesus in her everyday life, you yearn for intimacy with God. You long to know His presence, to be satisfied in heart and soul, but you don't know how. You feel like you're trudging through your days, making sure you're doing everything you can for Him . . . but you can't shake the feeling that something is missing. Linda Dillow understands. She longed for depth of intimacy with God, but in the middle of a busy and complicated life, realized that she'd settled for serving Him. And when our actions for God are our primary focus, we miss the extraordinary honor of getting to be with Him. So how can we be with Him? Through a life of worship. True worship is both a specific act and a lifestyle. As you learn what it means to bow your knee (the act of worship), you'll gain a renewed intimacy with God. And as you learn to bow your thoughts, words, work, attitudes, will, and even pain (the lifestyle of worship), you'll be drawn into God's holy and life-giving presence—the place where He will truly satisfy your thirsty soul.

You Are Free-Rebekah Lyons 2017-02-21 Have you bought the lie? Many of us do. We measure our worth by what others think of us. We compare and strive, existing mostly for the approval of others. Pressure rises, anxiety creeps in and we hustle to keep up. Jesus whispers, I gave my life to set you free. I gave you purpose. I called you to live in freedom in that purpose. Yet we still hobble through life, afraid to confess all the ways we push against this truth, because we can't even believe it. We continue to grasp for the approval of anyone that will offer it: whether strangers, friends, or community. Christ doesn't say you can be or may be or will be free. He says you are free. Dare you believe it? In *You Are Free*, Rebekah invites you to:

- Overcome the exhaustion of trying to meet the expectations of others and rest in the joy God's freedom brings.
- Release stress, anxiety and worry, to uncover the peace that comes from abiding in His presence.
- Find permission to grieve past experiences, confess areas of brokenness, and receive strength in your journey towards healing.
- Throw off self-condemnation, burn superficial masks and step boldly into what our good God has for you.
- Discover the courage to begin again and use your newfound freedom to set others free. Freedom is for everyone who wants it—the lost, the wounded, and those weary from all of the striving. It's for those who gave up trying years ago. It's for those angry and hurt, brilliant and burnt by the Christian song and dance. You are the church, the people of God. You were meant to be free.

Is God Speaking to Me?-Lysa TerKeurst 2020-09-01 Living with a deeper awareness of God's leading isn't just for a select few...it's for you too! Have you ever wondered if God still speaks to us today? Or do you worry that what you're perceiving as God's voice is really just your own thoughts? You're not alone. In *Is God Speaking to Me?*, Lysa TerKeurst shares her own wrestling with these questions and how God has taught her to more clearly discern His direction in her everyday life. Using Scripture, encouraging personal stories, and practical application, Lysa will help you: Stop merely going through the motions of life by learning how to recognize and respond to the Lord's divine appointments for you. Uncomplicate the idea of listening to God as you use five key questions to help you determine if what you're discerning is from Him or not. Discover the joy of truly walking with the Lord as you learn how to live in expectation of hearing from Him. *Is God Speaking to Me?* is both an invitation to a life of adventure with the Lord and the tender reminder that we serve a God who loves us deeply and longs to speak to us personally.

Prayer 101-Warren W. Wiersbe 2005-11 Let *Prayer 101* bring your prayer life to a new level—it will give you the confidence you need to pour out your heart to God like never before.

Letting Go of Worry-Linda Mintle 2011-10-01 Respected author, speaker, and counselor Dr. Linda Mintle confesses that for years she believed worry was an inevitable byproduct of our modern, busy lives. But as she explored God's Word for guidance, she discovered that worry isn't supposed to be managed. It's supposed to be released completely. Through personal and biblical examples, Mintle reveals reasons and ways for readers to rethink their core beliefs as they surrender worry to God and discover the spiritual roots of worry what to do when anxious thoughts arise how to have peace about their health, job, money, and relationships practical ways to cultivate a truly worry-free life the biblical secret to lasting contentment With godly instruction, Scriptures for meditation, and the hope of a renewed perspective, readers can let go of worry and embrace a transformed life of peace, forgiveness, and faith.

Surprised by the Healer-Linda Dillow 2016-01-21 The Healer is inviting you... God's word declares that there is healing for your deepest pains, hope for your biggest disappointments, and victory over your addictions, past hurts, and past failures. His name is Jehovah Rapha, the God Who Heals, and He can redeem your broken story. In these pages, you will meet nine courageous women who have agreed to tell their stories, to share with you how they moved from hopelessness and brokenness to hope and healing. Whether from sexual abuse, betrayal in marriage, or other harrowing experiences, the Healer invited them on a unique journey of redemption in the midst of deep pain. He is inviting you, too. Linda Dillow and Dr. Juli Slattery, cofounders of Authentic Intimacy, have been writing and ministering to women in the church and clinical context for several decades. Their wisdom and experience overflow in this work to give you a trusted resource in journeying toward healing. Includes a study guide for each chapter in the back of the book.

Overcoming Fear, Worry, and Anxiety-Elyse Fitzpatrick 2001-09-15 Elyse Fitzpatrick, coauthor of Women Helping Women (a Gold Medallion Finalist), offers practical advice for conquering the paralyzing emotions many women encounter as they battle difficult, often overwhelming concerns about rebellious children, problems in the workplace or home, health issues, financial difficulties, and more. In the Bible, God gives guidance and offers the true solution to our anxieties and fears. Overcoming Fear, Worry, and Anxiety accesses this information to help women— Identify the source of fear, worry, and anxiety Transform fearful thoughts into peaceful confidence Discover specific strategies for overcoming anxiety Women will find comfort and encouragement through real-life examples of how others, including Elyse, cast their cares upon God and experience His strength and love.

My Worship Journey-Dillow Linda 2007-06 A companion journal to Linda Dillow's devotional Bible study Satisfy My Thirsty Soul guides women in developing a lifestyle of worship.

Nothing to Prove-Jennie Allen 2018-02-06 "Allen understands the daily struggle so many of us face with the fear that we are not enough. And she invites us into a different experience, one in which our souls overflow with contentment and joy"--

Rise of the Servant Kings-Ken Harrison 2020-07-14 The "how-to-get-it-right" book for today's Christian man in marriage, family, work, friendships, with God in all of life. Men are hungry for authenticity and for sound and bold biblical teaching on true masculinity. Every day men ask themselves questions about how to be better fathers, husbands, friends, and men, but it's difficult to find satisfying answers. Rise of the Servant Kings explains that true masculinity is found in absolute surrender to God, which always results in humble character and is expressed in courage and generosity. When a man truly understands God's desires, he will naturally express godly masculinity, Ken Harrison weaves together his experiences as a police officer in one of the deadliest areas of the country, with many years as a business executive and ministry leader, to share deep truths for men direct from God's Word.

Fierce Marriage-Ryan Frederick 2018-04-17 Ryan and Selena Frederick were newlyweds when they landed in Switzerland to pursue Selena's dream of training horses. Neither of them knew at the time that Ryan was living out a death sentence brought on by a worsening genetic heart defect. Soon it became clear he needed major surgery that could either save his life--or result in his death on the operating table. The young couple prepared for the worst. When Ryan survived, they both realized that they still had a future together. But the near loss changed the way they saw all that would

lie ahead. They would live and love fiercely, fighting for each other and for a Christ-centered marriage, every step of the way. Fierce Marriage is their story, but more than that, it is a call for married couples to put God first in their relationship, to measure everything they do and say to each other against what Christ did for them, and to see marriage not just as a relationship they should try to keep healthy but also as one worth fighting for in every situation. With the gospel as their foundation, Ryan and Selena offer hope and practical help for common struggles in marriage, including communication problems, sexual frustration, financial stress, family tension, screen-time disconnection, and unrealistic expectations.

A Woman After God's Own Heart®-Elizabeth George 2015-02-01 Change Your Priorities to Change Your Life and Your Home You will experience peace, order, and joy when you follow God's guidelines for every area of your life, and best of all, you will become a woman after His heart! Elizabeth George shares God's Word and woman-to-woman practical wisdom on how you can pursue God's priorities by... putting God first in your day, your heart, and your life improving your relationships with family and friends building a strong bond with your husband raising your children to follow Jesus and make right choices growing in your service to others As you embrace God's plans for you, you will find real purpose in a life of prayer and practicing God's priorities as you become A Woman After God's Own Heart®.

Experiencing God's Peace-Elizabeth George 2000-06-01 Highlighting the presence of God's perfect peace, Elizabeth George helps women know God's perfect peace in every circumstance in their lives. They will discover how to respond to the needs of others; mature in Christ; and overcome anxiety. The "heart response" sections help readers grasp Paul's teachings and focus on God's loving provisions.

How to Really Love Your Man-Linda Dillow 1993 Whether you are engaged, newly married, or celebrating your first anniversary, How to Really Love You Man will inspire and enlighten you, as well as leave you a legacy you can someday offer your own daughters or daughters-in-law. (back cover.).

Transforming Your Thought Life-Sarah Geringer 2019-10-01 Your Mind Is Under Attack. Thousands of thoughts fly through our minds every day, many of them negative. And Satan knows how susceptible we are to these negative thoughts that leave us frustrated and feeling defeated. However, the time-honored practice of Christian meditation can help us find victory in these spiritual battles. Transforming Your Thought Life offers guided meditations and personal examples that will help you train your mind to stay grounded in God's Word. Each chapter examines a particular kind of negative thought pattern and provides key Bible verses and prayers for standing strong against it. Day by day, as you hide God's Word in your heart and mind, you will move closer to the heart and mind of God.

Trade Your Cares for Calm-Max Lucado 2017-12-26 Be Free from the Worries That Weigh You Down. If you're trembling on a tightrope of fear and worry, get ready for the best trade ever: your cares for God's calm. What if faith, not fear, could be your default reaction to circumstances? Imagine being able to walk away from worry, conquer the need to control, get rid of guilt, and end if-only thinking. That's God's offer. He wants to exchange your burdens for an abundance of mercy, gratitude, and trust. To replace striving and stress with a faith-filled life in which you'll see God's goodness, feel calm in chaos, and find peace through prayer. Bestselling author Max Lucado understands what it's like to feel overwhelmed by anxiety. Through unforgettable stories and biblical wisdom, he offers powerful tools to help you manage your fears and worries.

The Right Kind of Strong-Mary A. Kassian 2019-07-30 Award-winning author Mary Kassian provides readers a biblical guide to becoming the strong, resilient, capable women God created them to be. Our culture teaches us that it's important for women to be strong. The Bible agrees. Unfortunately, culture's idea of what makes a woman strong doesn't always align with the Bible's. As a result, Christians often have a skewed view of what constitutes strength. In The Right Kind of Strong, Mary Kassian delves into Paul's exhortation in 2 Timothy about the women of the church in Ephesus and uncovers warnings and truths about seven habits that can sap women's strength. She reveals how, by guarding against these seven pitfalls, Christian women can walk in freedom and grow to be strong God's way.

Because He Loves Me-Elyse M. Fitzpatrick 2008-04-24 Simply speaking, love changes people. Christians, then, by definition, should exhibit the greatest transformation of all because, rightly understood and cherished, God's love makes them increasingly more like the One who has lavished his love on them. This truth is meant to tell believers who they are, their purpose and destiny, and how to faithfully persevere in their struggles against all opposition. But sometimes people lose sight of this. Because He Loves Me restores that vision, reminding Christians of their true identity as beloved children of God-adopted by the Father, espoused to the Son, and empowered by the Holy Spirit. Christianity is not a self-improvement program but a transferring of identity and growth, accomplished in history through Christ and in our daily lives through his Spirit. This book explores and celebrates these truths in an unforgettable way. Study questions and invitations for deeper discovery conclude each chapter.

Trusting God-Jerry Bridges 2016-11-18 Why is it easier to obey God than to trust Him? Because obeying God makes sense to us. In most cases, His laws appear reasonable and wise, and even when we don't want to obey them, we usually concede that they are good for us. But the circumstances we find ourselves in often defy explanation. Before long, we begin to doubt God's concern for us or His control over our lives. We ask, "Why is God allowing this?" or "What have I done wrong?" During such a time of adversity, Jerry Bridges began a thorough Bible study on the topic of God's sovereignty. What he learned changed his life, and in *Trusting God* he shares the fruit of that study. As you explore the scope of God's power over nations, nature, and even the details of your life, you'll find yourself trusting Him more completely—even when life hurts. This new edition replaces both *Trusting God* (paperback ISBN 9781600063053) and the study guide (paperback ISBN 9781600063060) by combining both resources into one volume!

Invited-Christen Price 2017-06 "God is perfect so we don't have to be." Do you ever feel like you are chasing perfection? Perfection is passion, an ideal that makes us feel so strongly about the matters of our hearts that we act in ways that make us later feel shame and unworthiness, like we will never quite measure up. Passion doesn't always lead to positive results. How can we pursue perfection without becoming undone? In *Invited*, Bible teacher Christen Price weaves together personal stories with a practical party

planning handbook as she shares about her own struggle with perfection when she moved home and began to build community. Her desire for perfection causes her to experience anxiety and meltdown when parties (and life!) don't always go as planned. With kindness, honesty, and Biblical truth, Christen will encourage you to: ● Overcome the hurdles of perfection by finding balance instead of breaking down. ● Receive others in love by releasing your anxieties to God so you can rejoice in the moments worth celebrating. ● Discover that the antidote to perfection is embracing the beauty of imperfection and present not only yourself, but your home in an artful way so you can give and receive joy. Celebrations, whether they be special occasions, a surprise party, or a spontaneous cookout on a Saturday night, are about spending time with the people we love. Hospitality helps us to pursue Christ, the author and perfecter of our faith, so we can invite others to join us in a party we will never forget. Connected to Christ, we find wholeness, completeness, and beauty so we can celebrate the life we've been given.

Your Anxious Child-John S. Dacey 2016-03-22 A fully-revised and updated new edition of a bestselling book designed to help parents, teachers, and counsellors support young people suffering from anxiety. Offers an array of innovative strategies organized into the authors' four-step "COPE" program, which has undergone more than 20 years of successful field testing. Each strategy is accompanied by a set of activities contextualized with full details of the appropriate age level, materials needed, suggested setting, and a template script. Presents a straightforward account of anxiety, the most prevalent clinical diagnosis in young people, written with a careful balance of scientific evidence and benevolence. Features a brand new chapter on preschoolers and a companion website that includes instructional MP3 recordings and a wealth of additional resources.

Sanity in the Summertime-Linda Dillow 1991 Suggests a variety of summer activities for parents to share with their children.