the garden CHURCH

EXERCISES FOR PEACE IN THE PANDEMIC

UNPACKING

Consider doing this exercise at the end of each day

Cast all your anxiety on him because he cares for you.
1 Peter 5:7

BACKPACK

Imagine you are wearing a backpack. It's full of worries and concerns that make you anxious and weighs down on your shoulders.

REMOVE THE BACKPACK

Now. Take the backpack off of your shoulders and place it on your lap.

EMPTY THE BACKPACK

Take out the things in your backpack. What's inside? Health? Finances? Family? Safety?

PROCESS THE CONTENT

One by one, process each of the things that are now out of the backpack. How is each one weighing you down?

GIVE THEM TO JESUS

Imagine Jesus is there right next to you. Give each of those items to Jesus.

If it can be done in anxiety, it can be done better in peace.
-Dallas Willard

Credit: Alan & Gem Fadling (www.UnhurriedLiving.com)