

**What chains of worry, stress, fear, or depression are currently keeping you bound and trapped?**

God is ready to help you right now! Life is not perfect, but our Savior has given us tools to deal with the stress of an imperfect world. Read the verses listed below from the book of Isaiah, and find out how to shed your chains before they rust in place forever. Make the choice today to trust God and seek his help. You are not alone!

*Isaiah 41:13 - For I am the Lord your God who takes hold of your right hand and says, "Do not fear; I will help you."*

**Where is your breath?**

You're useless to handle anything without first pausing and breathing. Find your calm first or you'll never find a solution.

*Isaiah 33:2 - Lord, be gracious to us; we long for you. Be our strength every morning, our salvation in time of distress.*

**When do you practice prayer and build your relationship with God?**

Prayer needs to be an everyday habit not just a 911 Call in times of trouble. God wants a daily relationship with us.

*Isaiah 30:18 - Yet the Lord longs to be gracious to you; therefore he will rise up to show you compassion. For the Lord is a God of justice. Blessed are all who wait for him!*

**What is God preparing you for?**

What you are experiencing is not in vain. God never wastes a hurt. What you are going through is never bigger than what God can handle. If crucifixion can be turned into redemption, what can God do with your circumstances?

*Isaiah 53:5 - But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.*

**Is your brain overloaded?**

You can't change the past or predict the future. Managing one problem at a time makes life much easier to deal with!

Focus on the single thing that is causing you worry and place it directly in your sight as you look to God for help with it.

*Isaiah 43:18-19 - Forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it?*

**Who needs you to stand with them?**

Don't worry about how to help someone. Focus simply on being there. God will handle the rest. He knows your strengths and how to help you use them to help others in need.

*Isaiah 14:24 - The Lord Almighty has sworn, "Surely, as I have planned, so it will be, and as I have purposed, so it will happen."*

**What are you thankful for?**

In any crisis, there are always blessings to be found. Look for the joy God has provided in the midst of chaos.

*Isaiah 49:13 - Shout for joy, you heavens; rejoice, you earth; burst into song, you mountains! For the Lord comforts his people and will have compassion on his afflicted ones.*

**Are you using your energy to grow your fear or grow your faith?**

Don't make your worries bigger or more powerful than they need to be. Remember God's perspective outreaches ours.

The vast majority of what we worry about never ever becomes the disasters we envisioned them to be.

*Isaiah 55:8-9 - "For my thoughts are not your thoughts, neither are your ways my ways," declares the Lord. "As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts."*

**Are you embracing your true identity or relying on temporary labels for comfort?**

You are a child of God! It's your one true and permanent identity freely given to you. Don't waste your time and energy in a constant fight to cling to temporary labels that briefly describe you but can NEVER define you or your real worth!

*Isaiah 12:2 - Surely God is my salvation; I will trust and not be afraid. The Lord, the Lord himself, is my strength and by defense; he has become my salvation.*

**Questions? Need prayer? We would be honored to help! Please contact us:**

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*Isaiah 45:22 - Turn to me and be saved, all you ends of the earth; for I am God, and there is no other.*

*Please Note: The information presented on this paper and in this show is not meant to take the place of any advice or directions provided by a medical professional, counselor, therapist, psychologist, or psychiatrist. Seek professional help for issues relating to mental health.*