



# MOOD OVER MATTER

Mental Health Nuggets  
April 2022





# WORRY

John 14:18



# Worrying Ourselves Out of the Arms of Jesus



# God's Plan for Painful Emotions

John 16:20-22

How can this promise of Jesus help us to pass through the adversities of life?



# HOLDING ONTO JESUS



# Educate Your Souls – Find the Blessings



What blessing in your life are you grateful for?

What surprise did you find in the blessing you are grateful for?

Where would you be without this blessing in your life?

Write out your prayer of gratefulness to God for this blessing

