### 1. Going Deeper: Trust in God

**Proverbs 3:5-6: *"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight."***

**Philippians 4:6-7: *"Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."***

**Trusting in God is a central theme in the Bible and a fundamental aspect of the Christian faith. It involves placing your confidence and hope in God's wisdom, power, and goodness, even in the face of uncertainty or adversity. When you trust in God, you acknowledge that He is in control and that His plans and purposes are greater than your own.**

### 2. Going Deeper: Focus on the present moment

**Matthew 6:34: *"Therefore do not worry about tomorrow, for tomorrow will worry about itself.Each day has enough trouble of its own."***

**Focusing on the present moment is an important principle in the Bible, as it helps you to manage anxiety and stress. By directing your attention to the here and now, you can reduce unnecessary worry about the future and concentrate on what is within your control.**

### 3. Going Deeper: Seek God’s Peace

**John 14:27: *"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid."***

**Isaiah 26:3: *"You will keep in perfect peace those whose minds are steadfast, because they trust in you."***

**Seeking God's peace is a vital aspect of the Christian faith and an effective way to manage stress and anxiety. The peace that God offers is not the same as the temporary or superficial peace that the world provides. God's peace is a deep, abiding calmness that comes from a close relationship with Him and reliance on His promises.**