



**WHEN OVERWHELMED
DOESN'T MAKE SENSE,
ASK YOURSELF:**

- 1. Am I sitting still with GOD on a regular basis?**
- 2. Am I carrying a load that God never intended for me?**
- 3. Have I lost my perspective?**
- 4. Am I allowing others to speak into my life?**
- 5. Am I taking good care of myself?**

BE STILL AND KNOW THAT I AM GOD...

PSALMS 46:10