



READY...SET...GROW!

Growing in Peace of Mind



- **Not free of worry or stress**
- **Many relationship issues and problems**
- **His work often at risk as churches rejected him**
- **Significant health issues**
- **Life was difficult and hard**
- **Plenty that provoked anxiety and fear**

Paul's day to day life ...



**Growing in
Peace of
Mind**

**1. Get rid of
bitterness and
grudges.**

READY...SET...GROW!



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Mind**

**2. Don't
live in the
past.**

READY...SET...GROW!



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**3. Do what you
can, where you are,
with what you have.**

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**Growing in
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Mind**

4. Build

**relationships and
count on them.**

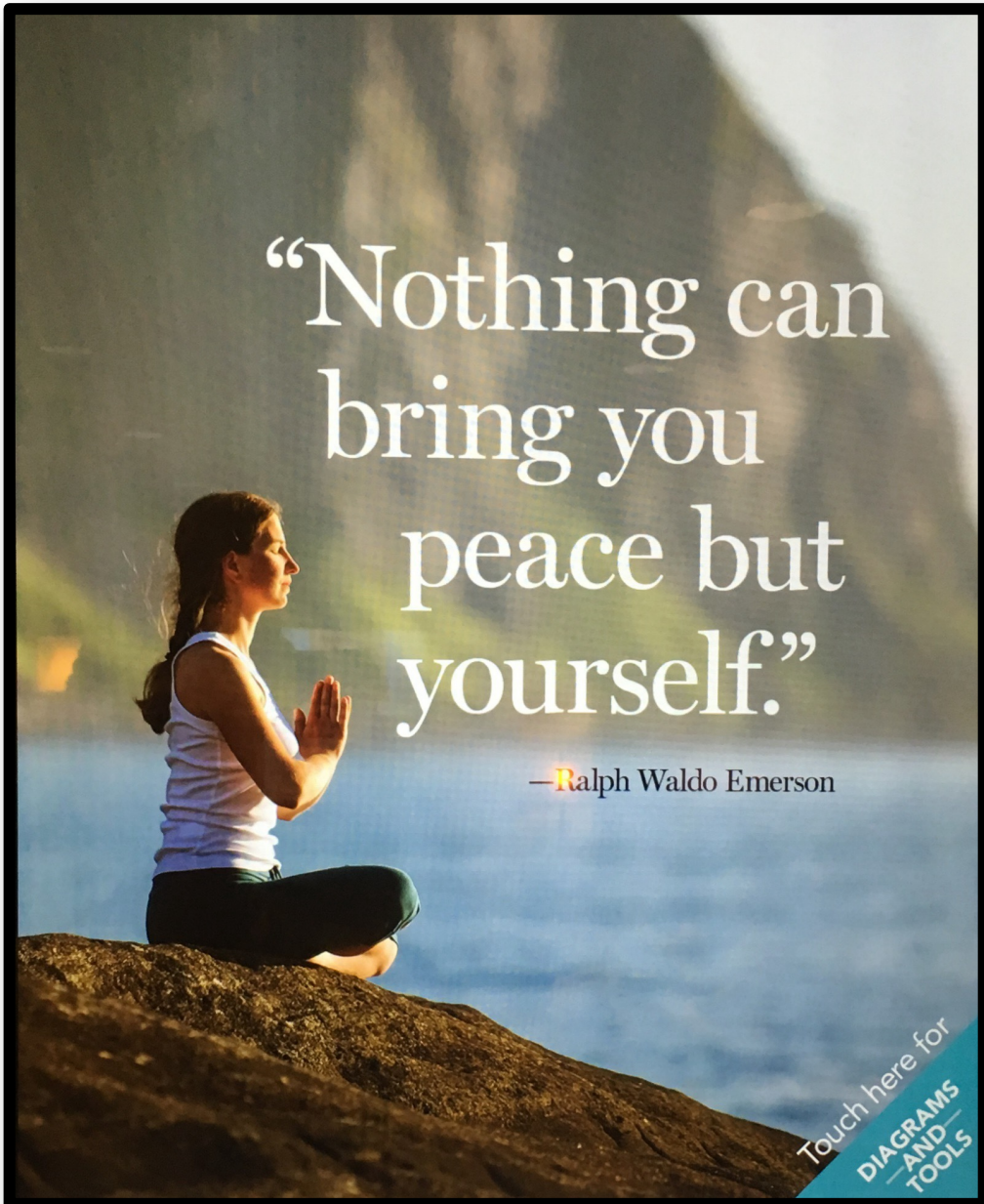
READY...SET...GROW!



**5. Work from a
deep trust in God that
all will come out right.**

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A woman with long dark hair, wearing a white tank top and dark pants, is sitting in a meditative pose on a large, dark, textured rock. She is facing right, with her hands pressed together in a prayer position. The background shows a calm body of water and a steep, forested hillside under a soft, hazy sky. The overall mood is peaceful and contemplative.

“Nothing can
bring you
peace but
yourself.”

—Ralph Waldo Emerson

Touch here for
DIAGRAMS
—AND—
TOOLS

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