

Calm Down

God is for you

February 3, 2019

Yusuf Mohammed

- **C**ease striving, God's help is **very present**.
Psalm 46:1-3,10, Deuteronomy 31:6
- **A**sk God to give you **peace and sustenance**
through tough times.
Psalm 46:4-7, Philippians 4:6-7, John 7:37-38
- **L**et go of your ways, **know** God and hold on.
Psalm 46:8-11, Matthew 12:43-45
- **M**ake God your **stronghold** and **maintain**
a godly rhythm.
Psalm 46:11, Psalm 1:1-3, Psalm 27:4-6