



Rest in His Love (Bible Verses for Stress and Anxiety Book 1)

Hannah Grace

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What do you do to relax when you're stressed? Do you spend time at the gym? Listen to spotify? Dine out with a friend? Or curl up with a romantic novel from Kindle?

I do all things mentioned above, but today my prayer is that we continue to open our minds to the idea that God can minister to me even in times of anxiety. He can turn it up for good and use the experience to let us feel his love.

I wrote this book during a stressful season at work. Like what you are doing now, I stepped back and tried to study what I can do to address my restlessness. I gathered verses from the King James Bible, and cupped them with insights which you can apply in daily life.

“God commanded you not to worry. He has promised to give you rest as you draw near to Him. He has the ability to renew your strength. And He is working on your behalf, even when you feel He isn't moving.”

The quoted text summarizes the message of this book. If you were uplifted with this truth, I encourage you read this book and spend time pondering on His word. Do not be content with just a relief for your stress and anxiety. Let His peace overflow in you. Embrace his invitation to rest in his love and take comfort in His presence.

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