



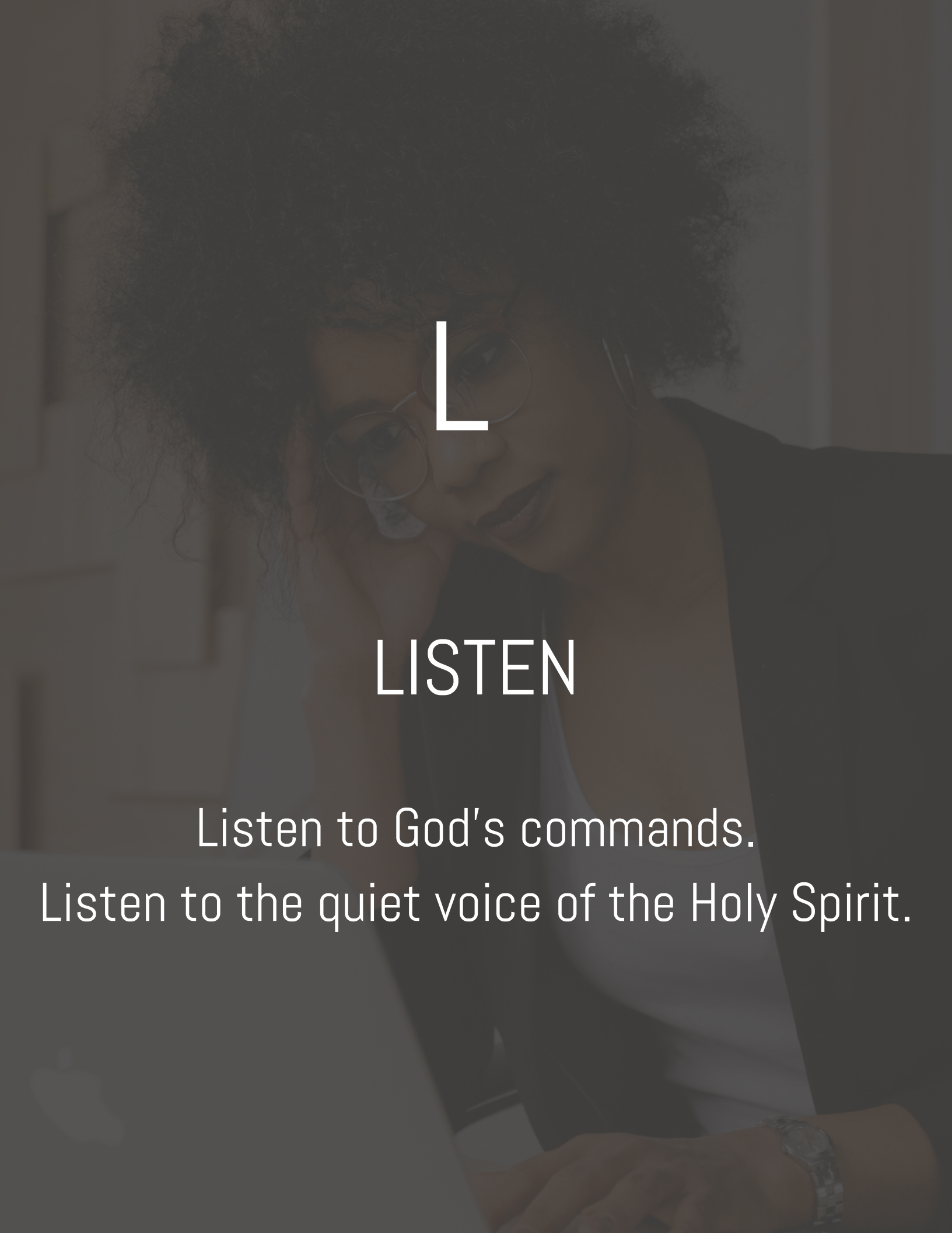
Decrease stress when you learn to
BLOT
out the noise.

A woman with curly hair and glasses is looking down thoughtfully. The image is dimmed and serves as a background for the text.

B

BELIEVE

Believe that God has plans to prosper you.
Believe GOD is always in control.

A woman with curly hair and glasses, looking down thoughtfully. The image is dimmed and serves as a background for the text.

L

LISTEN

Listen to God's commands.
Listen to the quiet voice of the Holy Spirit.



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OBEY

Obey God commands.
Obey His statutes.



T

TRUST

Trust in God's Sovereignty.
Trust in God's Providence.

This world is noisy, designed in part to keep us distracted and confused.

If we truly desire less stress, I recommend spending quiet time with God as often as possible.

It is only when we are in silence that we truly are able to connect with God on a profound level.

If decreasing stress is truly what you desire, then learn to get in the Word and BLOT out the noisy world we currently live in. The noise is not only what's outside, but also the noise in our heads and hearts...

LEARN to be quiet physically, emotionally, and mentally.