

A COMPANION JOURNAL FOR
Calm My Anxious Heart

My Journey to
Contentment

L I N D A D I L L O W



NAV PRESS®

BRINGING TRUTH TO LIFE

Sample from *My Journey to Contentment* / ISBN 1-60006-186-9

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Worry seems to be a part of life. As women, we worry about our children, our friends, our careers, our families, our spouses—the list could go on and on. Yes, we want to be content and trust God with our worries, but it's a struggle to let go and free ourselves from the burden of anxiety.

Designed to be used as a companion to *Calm My Anxious Heart*, this journal will help you pause to focus on God's gentle leading in your life. By reflecting on His Word, you'll gain new insights and encouragement, allowing you to let go of anxiety and experience the contentment that comes from trusting God.

Introduction

But this I call to mind, and therefore I have hope: The steadfast love of the LORD never ceases, his mercies never come to an end; they are new every morning; great is thy faithfulness. “The LORD is my portion,” says my soul, “Therefore I will hope in Him.” (Lamentations 3:21-24, paraphrased by author)

God’s mercies are new every morning! His faithfulness is great! Yet how easy as we walk through our days to forget. *My Journey to Contentment*, a companion journal for *Calm My Anxious Heart*, will encourage you to call to mind God’s steadfast love, His mercies, His faithfulness, and regain hope.

Like the Israelites we need memorials to remember what God has done. When the Israelites crossed the Red Sea on dry ground, God instructed them to “take up for yourselves twelve stones from here, out of the middle of the Jordan. . . . Let this be a sign among you . . . a memorial” (Joshua 4:3,6,7, NASB). We easily forget and need “memorials” to prompt our mind and spirit to remember what God has done for us. *My Journey to Contentment* is your “twelve stones.” As you take time each week to write down what God is teaching you from His Word and His world, you will remind yourself of all He has done for you. May He show you His mercies and love as you discover what it means to be content in all circumstances.

Each week after you have completed the Bible study for *Calm My Anxious Heart*, respond to these three items “to remember.”

1. What did you learn about God this week?
2. What did you learn about yourself this week?
3. My prayer to “remember” what God has taught me.

Cynthia Heald says that memorizing Scripture increases the Holy Spirit's vocabulary in your life. Although memorization is never easy, you will be grateful you did it when you see the difference it makes in your daily life. Each week there are one or more verses to memorize. If you feel overwhelmed at memorizing more than one verse, just start with one. Then use the Scripture you have memorized to praise God and pray your verses back to God. An example using I Peter 5:6-7 follows:

Humble yourselves, therefore, under the mighty hand of God, that He may exalt you at the proper time, casting all your anxiety upon Him, because He cares for you. (NASB)

My Prayer—Praying I Peter 5:6-7 back to God.

Oh God, I'm not even sure what it means to humble myself under Your sovereign, mighty hand. You ask me to do this so please help me to understand what this means and how I apply it in my everyday life. I am anxious, Lord, and want to cast all my anxieties on You. I can only do this because of Your great love and care for me.

My Praise—Giving praise through I Peter 5:6-7.

God, I give You praise because You are a mighty God. I am humbled as I think of how great You are. Thank You that You say You will lift me up at the time You know is best. I thank You for Your loving care of me. I know You care more about my problem than I do. This amazes me. Because I know this I am able to cast all my concerns on Your strong shoulders. I praise You that You will carry my problems and leave me free from worry.

Storing God's Word in your heart and praying it back to God will keep God's mercies ever before you. Writing down what God is

teaching you each week in this journal will help you remember what God has done. Throughout Scripture, we are commanded to “remember.” A year from now, when you pull *My Journey to Contentment* off your book shelf, I pray you will be encouraged to remember all God taught you about contentment, and remember that He is the only One who can calm your anxious heart.

Week 1



Ella Spees'
Holy Habit
of
Contentment



Week One

Ella Spees' Holy Habit of Contentment:

- ✚ Never allow yourself to complain about anything — not even the weather.
- ✚ Never picture yourself in any other circumstances or someplace else.
- ✚ Never compare your lot with another's.
- ✚ Never allow yourself to wish this or that had been otherwise.
- ✚ Never dwell on tomorrow—remember that tomorrow is God's, not ours.

USING MY MEMORY VERSES TO PRAY AND PRAISE GOD



MY PRAYER
Praying Philippians 4:11-13
back to God.



MY PRAISE
Giving Praise to God
through Philippians 4:11-13.
