

What Do You Do When You Don't Know What to Do?

I. Shock and Trauma

Laura Grace: **Rest**
Psalm 131

Cindy: **Quiet Action**
Zephaniah 3:17

II. Fear and Anxiety

Laura Grace: **Trust**
Matthew 10:29-31

Cindy: **Sacrifice**
Isaiah 30:15

III. Worry and Transformation

Laura Grace: **Follow God's Leading**
Romans 12:2

Cindy: **Stay Available**
Jeremiah 29:11