

STABILIZING TRUTHS FOR NOISY SOULS: THE KNOWLEDGE OF GOD

1. God is always good—always! That means...
 - a. He will always meet my genuine needs—always.
 - Philippians 4:13, 19; Matthew 6:31–33
 - b. He will always forgive my sin—always.
 - I John 1:9; Psalm 51; Isaiah 66:2b
 - c. He is always up to something good in my life—always.
 - Jeremiah 29:11; Romans 8:26–34
 - d. He will always love me personally—always.
 - Romans 8:35–39; Jeremiah 31:3; John 17:23
 - e. He will always give me the grace I need—always.
 - II Corinthians 9:8; I Corinthians 15:10; II Corinthians 12:9–10
2. God is always great—always! That means...
 - a. He is always in control of all things—always.
 - Psalm 103:19; Isaiah 14:27; 46:9–10
 - b. He is always present with me—always.
 - Psalm 139:7–12; Isaiah 41:10; Jeremiah 23:24
 - c. He is always the same—always.
 - Malachi 3:6a; Hebrews 1:10–13
 - d. He is always trustworthy—always.
 - II Timothy 2:13; Psalm 36:5; Numbers 23:19; Deuteronomy 7:9; 31:8
 - e. He is always wise in what He does—always.
 - Romans 11:33; Colossians 2:3

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WHEN PANIC ATTACKS

1. Remind yourself: “This will soon pass and will not hurt me.”
2. Breathe deeply into a paper bag for a few minutes.
OR
Inhale through nose, filling lungs in 2 seconds.
Exhale through lips, emptying lungs in 4 seconds.
3. Thank God that He is in control even if you are not.
4. Refocus on something that is ALWAYS true about God (use Stop-Think cards).
5. As soon as possible get back to what you were doing before you began feeling anxious and panicky.
6. Thank God for another reminder that He wants you to get to know Him better.



For more resources to keep your soul quiet, visit
WWW.QUIETINGANOISYSOUL.COM

THINK

“Fear thou not; for I am with thee:
be not dismayed; for I am thy
God: I will strengthen thee;
yea, I will help thee; yea, I will
uphold thee with the right hand
of my righteousness.”

Isaiah 41:10

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