

# God's Plan is Best

Activities known to raise cortisol (our body's stress hormone) are the very same activities the Bible tells us NOT to do, while the things God commands us TO DO are precisely the things science has shown to reduce stress and lower

## ELEVATES CORTISOL

### ■ worry

Luke 12:22 - Do not worry about your life...  
Matt. 6:44 - Do not worry about tomorrow...

### ■ anxiety

Phil. 4:6 - Be anxious for nothing...  
1 Peter 5:7 - Cast all your anxiety on Him...

### ■ anger

Eph. 4:31 - Put away all bitterness, wrath & anger...  
James 1:19 - Be quick to hear...& slow to anger...

### ■ fear

Isaiah 41:10 - Fear not; for I am with you...  
2 Tim. 1:7 - God has not given us the spirit of fear...

### ■ hopelessness

Psalms 130:7 - Put your hope in the Lord...  
Heb. 10:23 - Hold fast the confession of our hope...

### ■ despair

Psalms 42:5 - Why are you in despair, O my soul? And why have you become disturbed within me?

### ■ isolation

Hebrews 10:25 - Let us not forsake the assembling of ourselves together, as is the habit of some...

## LOWERS CORTISOL

### ■ prayer

1 Thess 5:17 - Pray without ceasing...  
Romans 12:12 - Be...faithful in prayer.

### ■ music

Psalms 47:6 - Sing praises to God, sing praises...  
Psalms 96:1 - Sing to the Lord a new song...

### ■ meditation

Colossians 3:2 - Set your mind on things above...  
Philippians 4:8 - Keep thinking about these things...

### ■ laughter

Prov. 17:22 - A joyful heart is good medicine...  
Job 8:21 - He will fill your mouth with laughter...

### ■ care giving

Galatians 6:2 - Bear one another's burdens...  
Galatians 5:13 - Serve one another in love...

### ■ faith

Prov. 3:5 - Trust in the Lord with all your heart...  
Heb. 11:6 - Without faith it's impossible to please God.

### ■ loving touch

1 Cor. 16:20 - Greet one another with a holy kiss...  
1 Thess. 5:26 - Greet all God's people with a holy kiss.