



**emotional
POWER**

SPECTRUM OF WORRY

DOUBT

ANXIETY

FEAR

PANIC

CONCERN

WORRY

OBSESSIVE





**emotional
POWER**

In the world you face persecution
(suffering, tribulation, difficulties,
trouble, trials, sorrows, distress).
But take courage; I have conquered
the world! I have said this to you, so
that in me you may have peace.

John 16.33

Don't worry about your life...you
can't add a single hour to your life
by worrying.

Matt. 6.25, 27



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The background is a vertical painting. It depicts a field of tall, green and yellow grass in the foreground. In the middle ground, a dark, heavy metal chain is shown broken, with one link detached and floating in the air. Above the chain, three birds are flying against a sky with a vibrant sunset or sunrise, featuring shades of orange, pink, and blue. The overall mood is one of hope and liberation.

Spiritual
Keys

to
Overcoming
Adversity



**emotional
POWER**

Let it be done to you as you believe.

Matt. 8.13

We create our life experience
through our thoughts, feelings
and beliefs.

Unity's Third Principle

*Thoughts held in mind
produce in kind.*



**emotional
POWER**

Let the same mind be in you that
was in Christ Jesus.

Phil. 2.5

God did not give us a spirit of
fear, but rather a spirit of power
and of love and of self-discipline.

2 Tim. 1.7



**emotional
POWER**

Visit the Spiritual Gym & lift Ideas of Weight

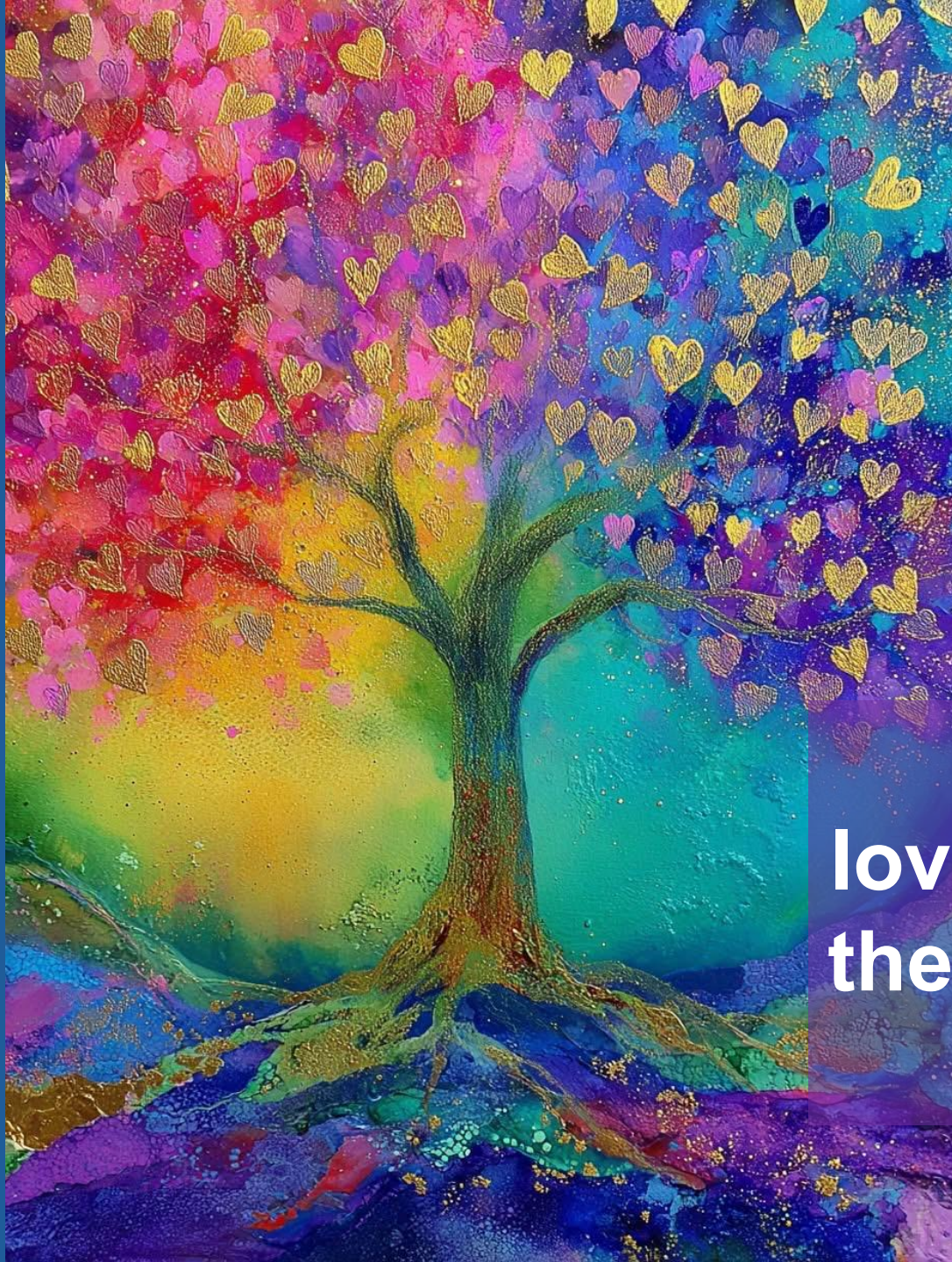
- Whole, complete Life
- Infinite Substance, unlimited supply
- Unity, Harmony, Oneness
- Intelligence, Wisdom, Understanding
- Power, Love, Self Discipline

Perfect Love casts out fear.

1 John 4.18



**emotional
POWER**



**In God's
loving Universe
there is nothing
to fear.**