

Dear Future Me: Stress Less

By Brett Hilliard, November 13, 2022

Humble yourselves, therefore, under the mighty hand of God so that at the proper time He may exalt you, casting all your anxieties on Him, because He cares for you. [1 Peter 5:6-7 ESV](#)

Your notes

REFLECTION QUESTIONS

1. What is at the top of your stress list today? How can you effectively “cast it” to God?
2. How can you be a non-anxious presence to those around you?