

Pastor Kevin Fischer & Wellspring Counselors ~ September 10th & 11th, 2022

Coping Skills:

- **Daily Gratitude/Joy Journal**
- **3 C's to Challenge Thoughts**
- **Create a Prayer Box**
- **Self Care Routine**
- **Feelings Daily Inventory**
- **5 Senses Check In**
- **Find Your Safe People**
- **Fun/Play Time**

For your own notes:

Daily Bible Readings

Mon—[Jeremiah 30:17-19](#)//**Tue**—[Romans 12:1-2](#)

Wed—[Psalm 139:1-6](#)//**Thu**—[Psalm 139:7-18](#)

Fri—[Matthew 11:28-30](#)//**Sat/Sun**—[2 Corinthians 5:17-21](#)

Memory Verse:

“I will restore you to health and heal your wounds”, declares the LORD. [Jeremiah 30:17 \(NIV\)](#)

Invite a friend and join us online or in-person next weekend as we begin a brand new series:

Endgame

Weekend Service Times:

Sat. at **6:15 p.m.** & Sun. at **10:30 a.m.** & **12:15 p.m.**