

## **RAIN**

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**RAIN:** Let God's love rain down over any anxiety or depression by:

Remember God, Allow God, Inhale God and Invest in Others, and Name God.

**R: Remember God's faithfulness,** his goodness, his promises. Practice Christian Mindfulness as you are intentional mindful of God's goodness.

**A: Allow God to speak through his word.** Meditate on his word, Memorize scripture such as Psalm 91.

**I: Inhale God;** practice deep breathing in moments of intense anxiety. Job 32: 8 says, "But it is a spirit in man, and the breath of the almighty gives them understanding. Job 33:4, states, The spirit of God made us, and the breath of the almighty gives us life.

**Invest in others:** helping others is a way of getting our thoughts focused on positive things rather than negative.

**N: Name** your fears as you give them to God in prayer.

Call out the names of God, meditate on them, be mindful of who He is, breath Him in.