



Consider the feelings spiritual medicine.

Your instinct tells you to flee. Stay. This is spiritual cough medicine—bitter on the way down, but healing.

He knows. Every feeling, fear, and thought Christ *already* knows. He sympathizes with you. Right now. You're not alone in this.



Remember the promise. God has promised not only to never leave you but to bring you to be with him in paradise. Unending peace—that's what's coming.

Identify a focus. Choose something around you and put a magnifyng glass on it. Stare and study. Inspect. Make yourself present where you are.



Stay engaged. Your mind wants to flit around aimlessly. Keep bringing yourself back through prayer. Ask the Spirit to help you stay engaged with your focus.

Talk. Talk to God (out loud), but also talk to others. Use speech to direct all of your attention to others. Find out what you can pray for.

