

SCRIPTURES TO FIGHT ANXIETY

Romans 8:28

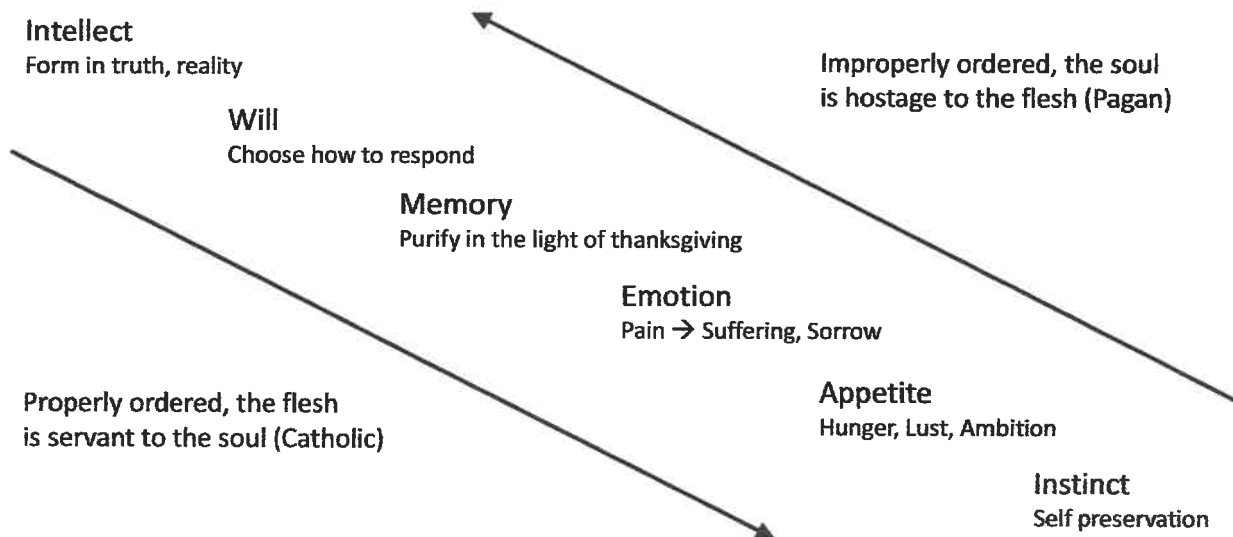
Philippians 4:6

Proverbs 3:5-6

Jeremiah 29:11

Psalm 27

Faculties of the Human Person



PHYSICAL THERAPY EXERCISES FOR THE SOUL

Offer it up

Gratitude

Forgiveness

Surrender

Obedience

Penance/Mortification

WAYS TO PROTECT OURSELVES FROM EVIL

- Sacraments, sacraments, sacraments
- Always presume goodwill – be the guardian of charity
- Authority – obedience, order
- Devotion to our Lady and the Saints
- Gratitude and virtue – fix the low spot in your wall
- Heal the wounds of sin
- Catechesis – know your Catholic faith
- Sacramentals – holy water, blessed salt, Gregorian chant

Resources:

Consoling the Heart of Jesus: A Do-It-Yourself-Retreat (Fr. Michael Gaitley, MIC)

Suffering: The Catholic Answer, The Cross of Christ and Its Meaning For You (Dom Hubert van Zeller)

Deliverance Prayers For Use By The Laity (Fr. Chad Ripperger)

Introduction to the Science of Mental Health (Fr. Chad Ripperger)

Freedom Through Christ (Liber Christo, www.liberchristo.org)