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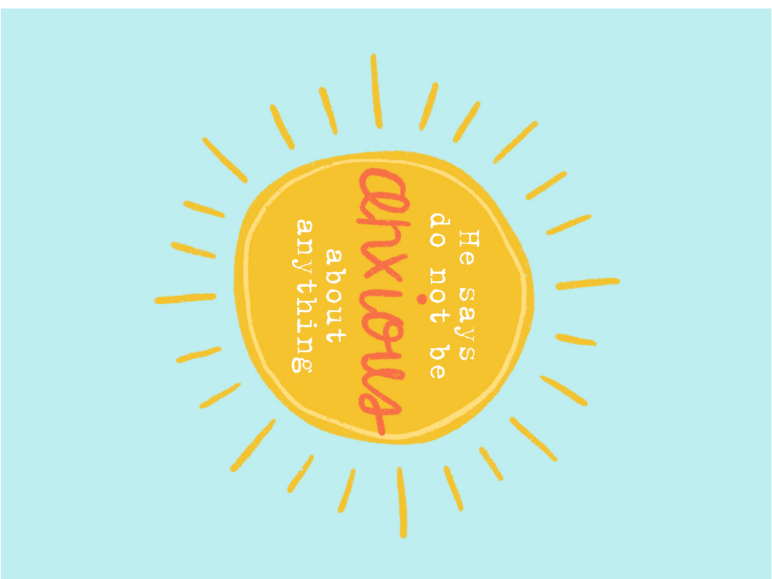
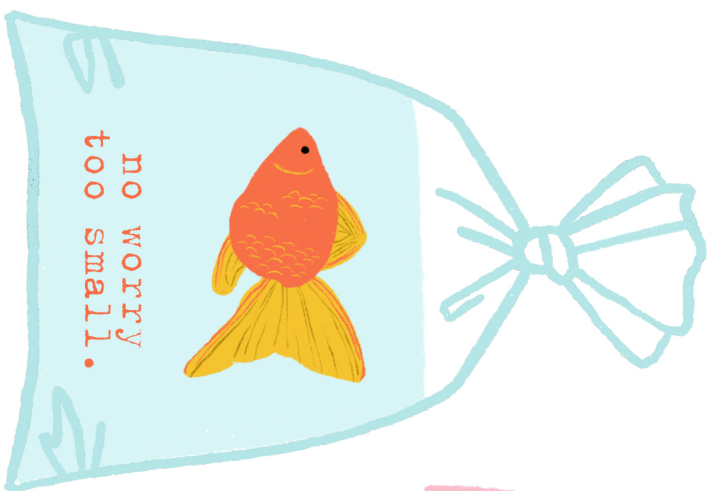
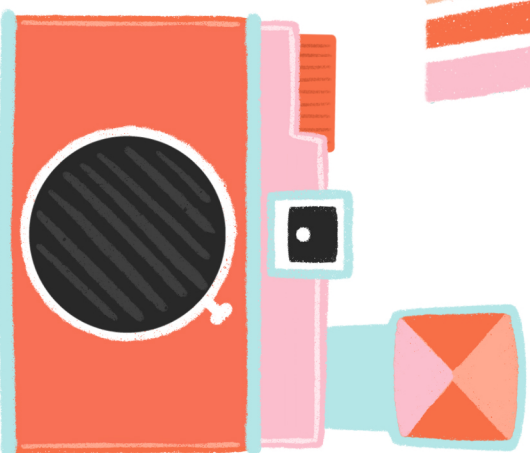
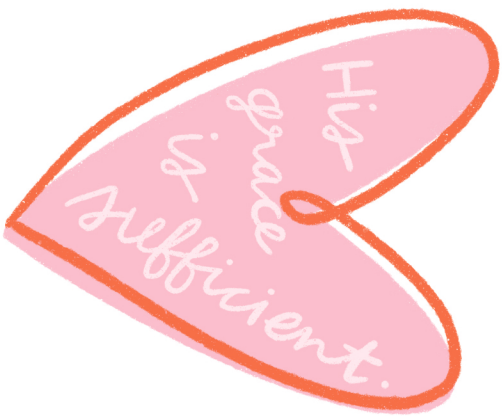
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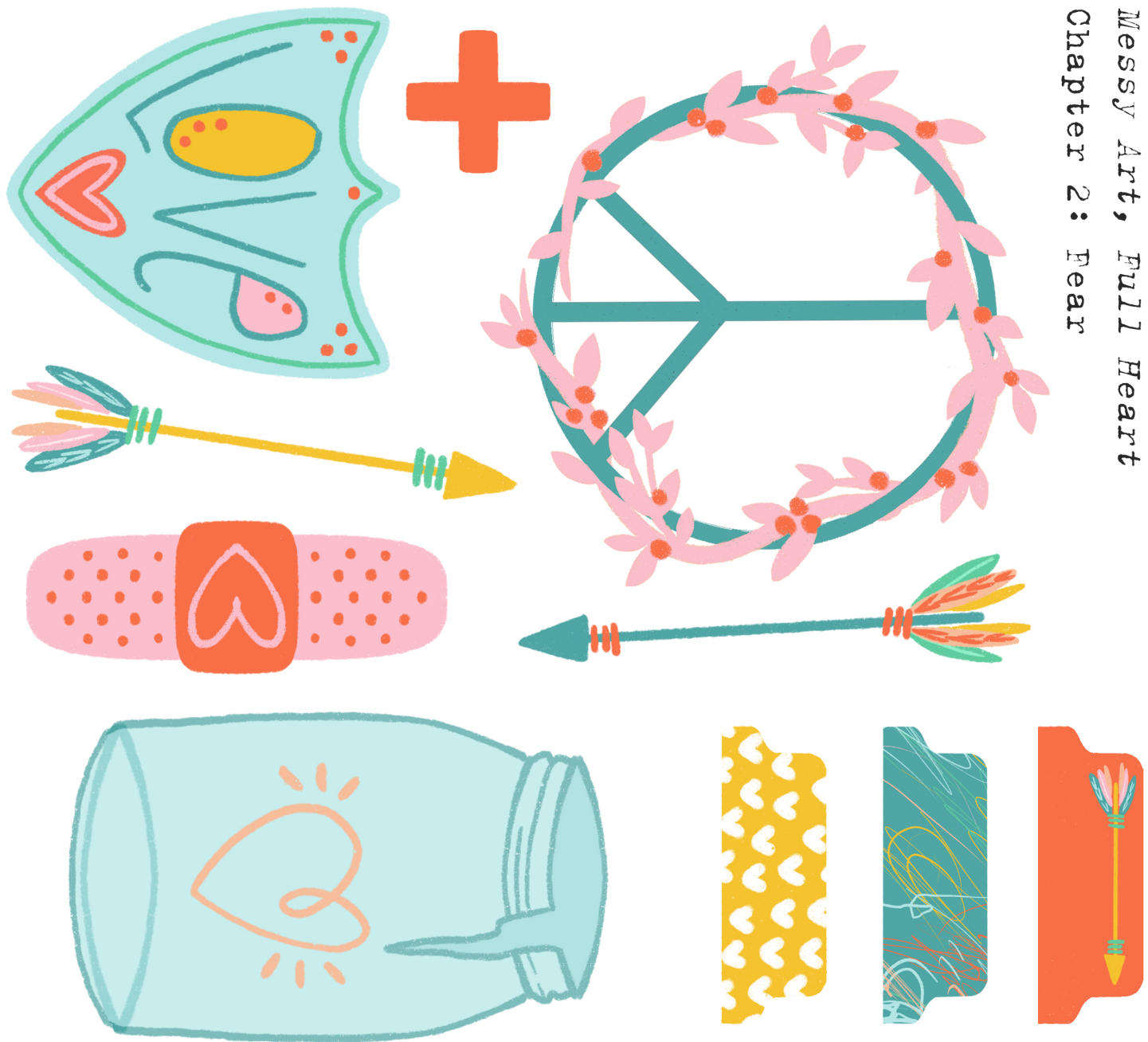
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Messy Art, Full Heart
Chapter 1: Worry



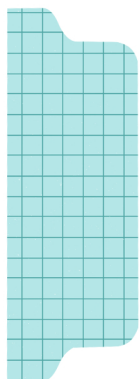
anxiety	do not be	anxious
overcome with	worry	faith
in Him	light	drives out
darkness	seek	advice
counsel	surround	yourself
with love	and	support
God	childlike	faith
my	worries	give it to God
prayer &	plea	no worry too small
He	cares	for me
His	power	is
perfect		

Messy Art, Full Heart
Chapter 2: Fear

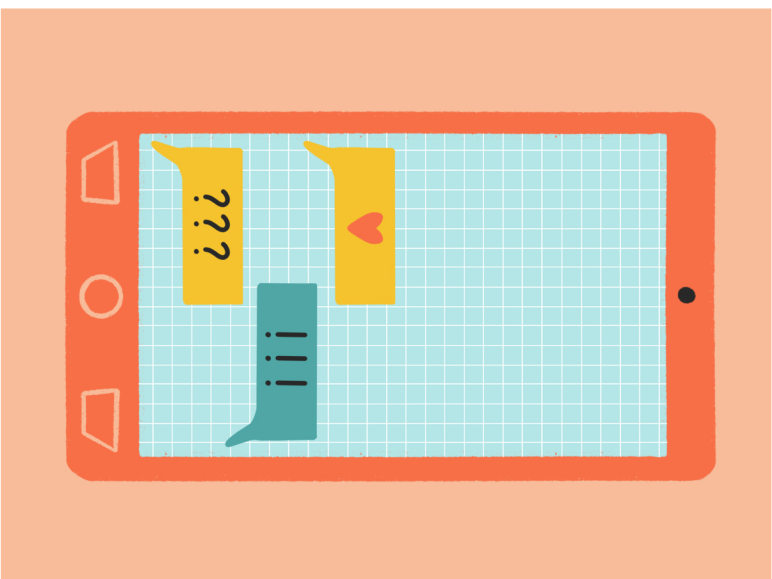
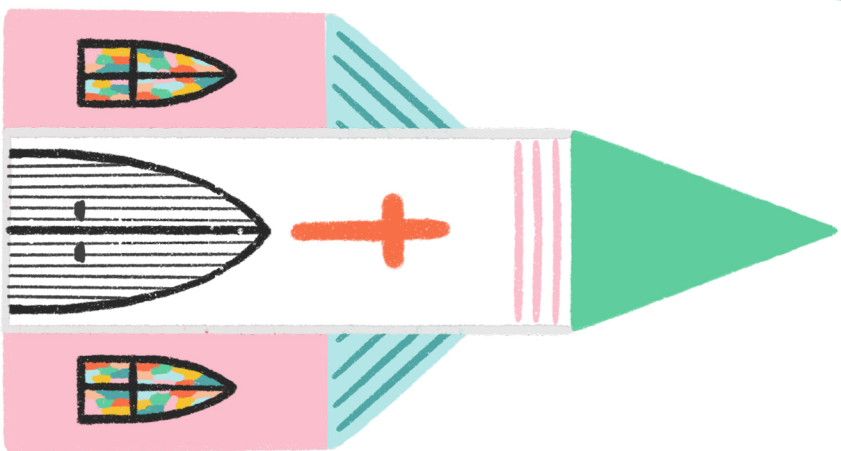


fear	do not	be	afraid	&
peace	within you	fearless		
name it & claim it	name it	nail it		
to the cross	fight or flight			
heart work	God moment	stand		
firm	solid as a rock	Jesus		
I put on	The Armor of God			
Shield of Faith	carry me			
line of defense	be courageous			
whom shall I fear?	strength			

Messy Art, Full Heart
Chapter 3: Comparison

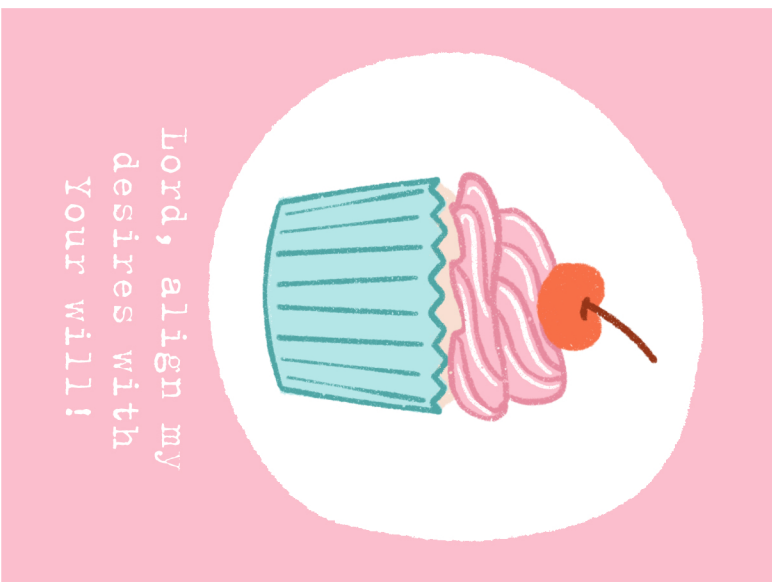
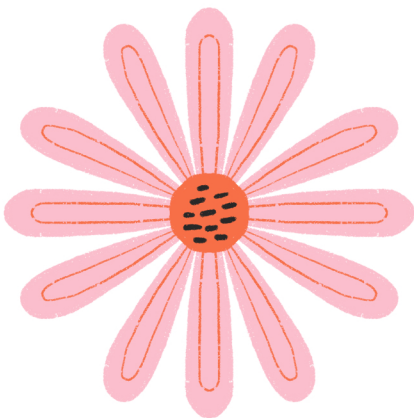
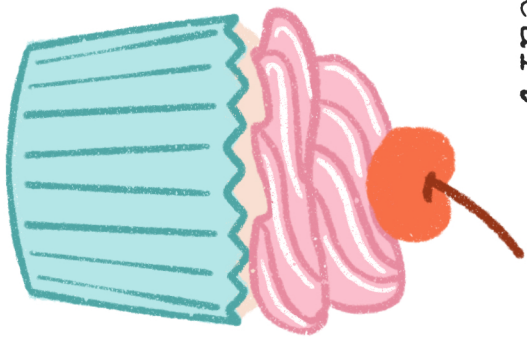
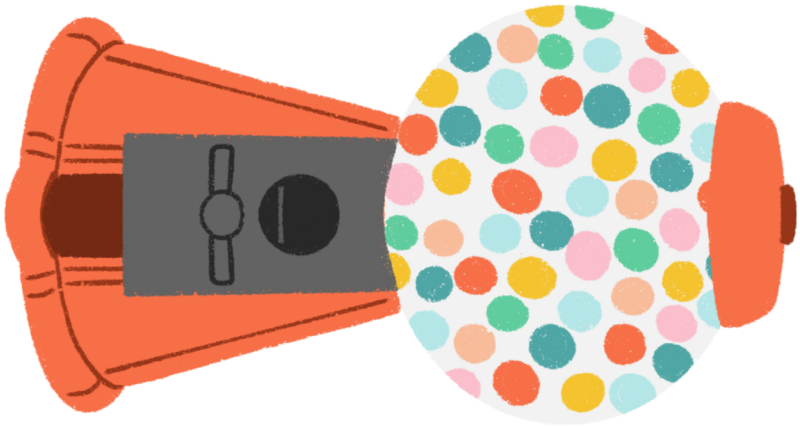
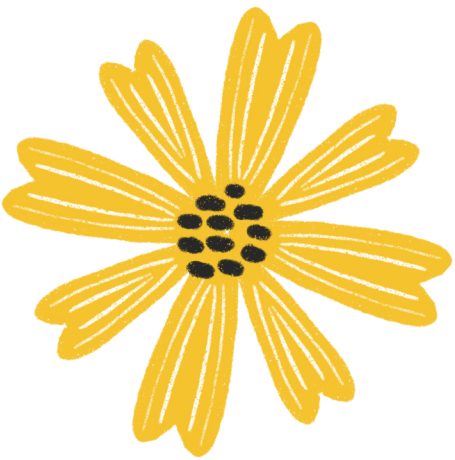


BEAUTIFUL



comparison	social media	&
shame spiral	do not feel	
ashamed	God's approval	I am
righteous	share the sunshine	
beautiful	jealousy	spiritual
wisdom	heart check	waiting
we are	the clay	God's timing
blessings	stepping stones	
surrender	insecure &	inferior
humility	I feel	seen loved

Messy Art, Full Heart
Chapter 4: Desire



desire impulse buy gratitude
 forbidden fruit Adam & Eve
 what I want vs. what He wants
 guard your heart good choice
 God isn't a gumball machine
 desires of my heart finding
 joy Fruit of the Spirit love
 this is not our home heaven
 & unanswered prayers things
 of this world Jesus is life