

**Growth Assignment**  
**Wednesday, April 29, 2020**  
**He Calms My Anxieties**

*He makes me lie down in green pastures. He leads me beside still waters.*  
**Psalm 23: 2**

*He chose to give birth to us by giving us his true word. And we, out of all creation, became his prized possession.*  
**James 1: 18 (NLT)**

1. We were so important to God that he sent his only son to die for us so that we could be with him in Heaven. What actions are you taking to thank him for this gift of unconditional love? What steps can we take to stay focused on our identity in Christ rather than idolizing what we do for a living?

*Better is a handful of quietness than two hands full of toil and a striving after wind.*  
**Ecclesiastes 4: 6 (ESV)**

2. Advertising drives us to believe our contentment is in having more things. The paradox is we can easily ignore the abundance of God's blessings and strive for more material goods. How can you change to enjoy your material blessings and reduce your desire to overwork?
3. Take a few minutes and think about the values that are most important in your life. Which can you abandon in order to re-establish peace amid the chaos in your life? How can you reinstate healthier values and a slower pace and see them as God's gracious provisions for peace?