The background of the cover is a watercolor wash. On the left side, there is a vertical streak of light teal that bleeds into the white background. At the bottom, there are soft, overlapping washes of pink and magenta. Scattered throughout the white background are numerous small, circular gold dots of varying sizes, some appearing as if they are floating or falling.

CALM

— *my* —

ANXIOUS HEART

journal

LINDA DILLOW

CALM

my

ANXIOUS HEART

journal

LINDA DILLOW

NavPress 

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Calm My Anxious Heart Journal

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ISBN 978-1-64158-304-6

Printed in China

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Satisfy My Thirsty Soul

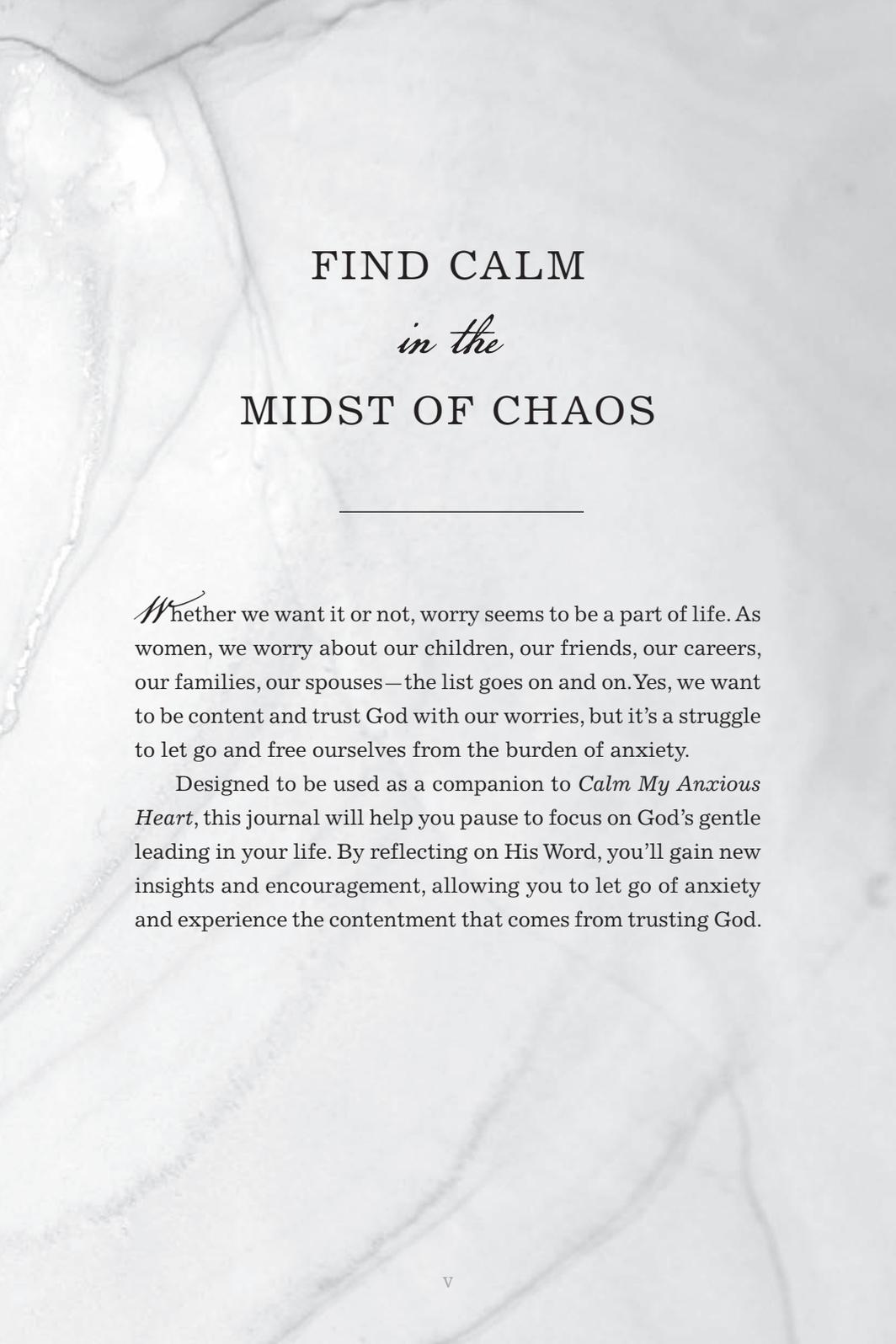
Satisfy My Thirsty Soul Journal

Calm My Anxious Heart

A Deeper Kind of Calm

Intimacy Ignited

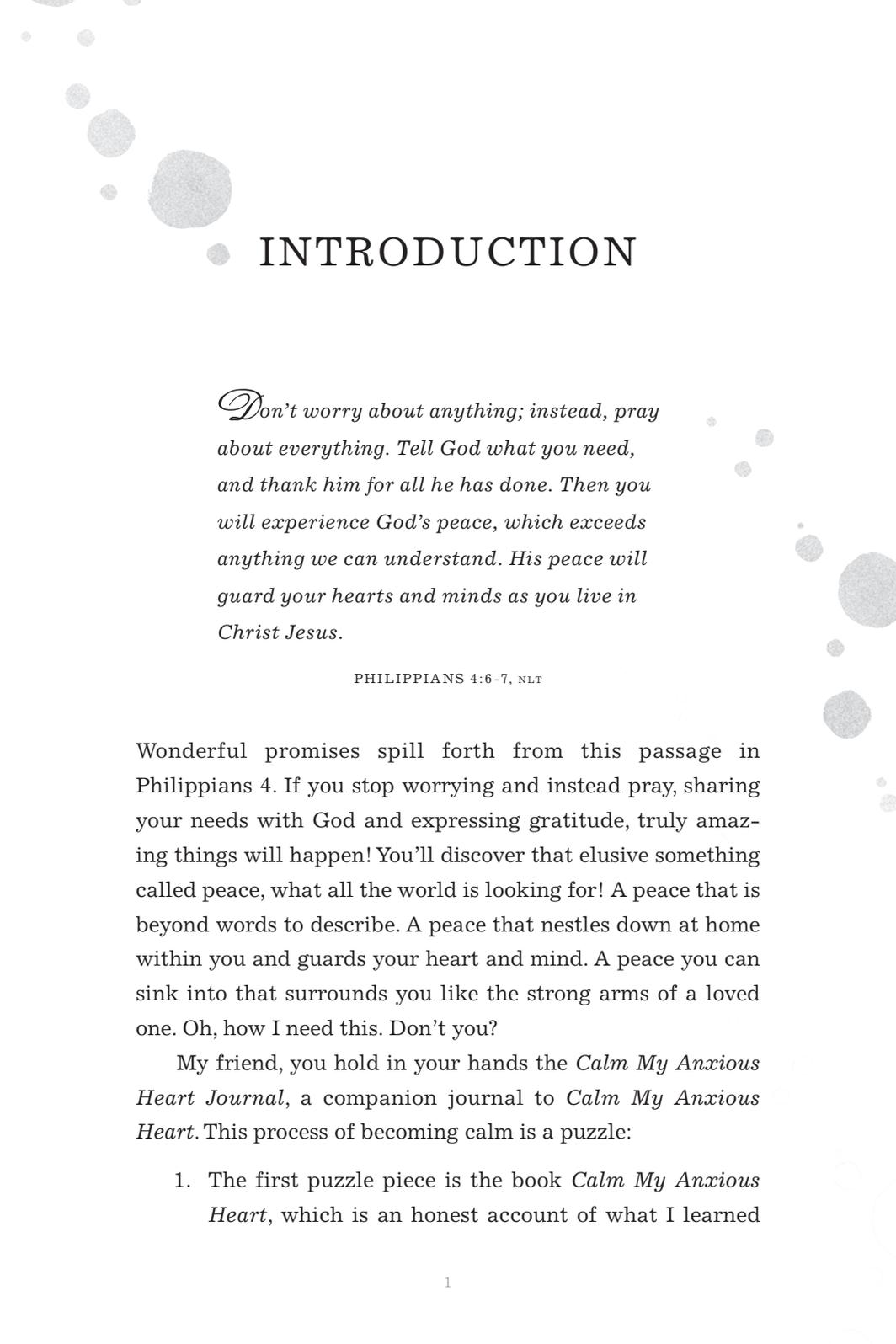




FIND CALM
in the
MIDST OF CHAOS

*W*hether we want it or not, worry seems to be a part of life. As women, we worry about our children, our friends, our careers, our families, our spouses—the list goes on and on. Yes, we want to be content and trust God with our worries, but it’s a struggle to let go and free ourselves from the burden of anxiety.

Designed to be used as a companion to *Calm My Anxious Heart*, this journal will help you pause to focus on God’s gentle leading in your life. By reflecting on His Word, you’ll gain new insights and encouragement, allowing you to let go of anxiety and experience the contentment that comes from trusting God.



INTRODUCTION

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

PHILIPPIANS 4:6-7, NLT

Wonderful promises spill forth from this passage in Philippians 4. If you stop worrying and instead pray, sharing your needs with God and expressing gratitude, truly amazing things will happen! You'll discover that elusive something called peace, what all the world is looking for! A peace that is beyond words to describe. A peace that nestles down at home within you and guards your heart and mind. A peace you can sink into that surrounds you like the strong arms of a loved one. Oh, how I need this. Don't you?

My friend, you hold in your hands the *Calm My Anxious Heart Journal*, a companion journal to *Calm My Anxious Heart*. This process of becoming calm is a puzzle:

1. The first puzzle piece is the book *Calm My Anxious Heart*, which is an honest account of what I learned

as I traveled the road of changing from a woman who loved control to one who could throw her anxieties on her God and be content.

2. The second puzzle piece, the Bible study (which is located in the back of *Calm My Anxious Heart*), takes you into Scripture so you can learn firsthand about how to outsmart anxiety and move into a life of contentment.
3. The third piece is this journal, a private place for you to record your prayers. Look at the passage on the previous page: *Don't worry about anything; instead, pray about everything*. This journal is to guide you on the path to learning how to intimately share your heart with your Abba Father. Prayer and intimacy with Him are key in discovering the calm heart that you so desire.

Time to get started. These blank pages await you not as a place to write pious prayers to God or to jot down what you think your Bible study leader wants to hear but as an opportunity for you to spill out your soul. Go ahead and stain the pages with your tears. Or doodle delightful pictures in the margins. This is your space, your place where you can be real. That means:

- ☺ you can misspell;
- ☺ you can be sloppy;
- ☺ you can write what you really feel;
- ☺ you can be **real**; and
- ☺ you can write sideways or upside down.

Here are other creative ideas that I really like from those I call “Super Journalers”:

1. *Pray on paper.*
Start with “Dear God” or “My Father,” like you’re writing a love letter to Him. Write straight from your heart the concerns uppermost on your mind. Instead of concluding with “Amen,” sign it, “Your Loving Daughter, (your name).”
2. *Think on paper.*
Commit to embrace truth and reject lies about who God is and who you are.
3. *Sing on paper.*
Allow your words to flow lyrically in unceasing fashion as David’s words do in the Psalms.
4. *Feel on paper.*
Be real! Don’t be afraid to say, “This journaling stuff is hard,” or “I never realized I was such a good writer.”
5. *Draw on paper.*
You don’t have to be an artist! No matter your skill level, get some colored pencils or magic markers and give artistic creative expression a try. The sky’s the limit. Scrapbook, sculpt, paint—use any medium.
6. *Document on paper.*
Keep a record of what you have learned and how you have grown. Be sure to date each entry.
7. *Don’t let perfection keep you from writing.*
Remember, you aren’t performing for anybody. Come just as you are.
8. *Try a new place.*
Discover a new location. Journal as you sit in the sun—or, if you’re brave, in the snow!

9. *Record your emotions.*

What is your dominant emotion this week? Anxiety? Joy? Hope? Write about it.

10. *Thank God for revealing new things to you.*

Do you ever say, “It hit me” or “I suddenly realized as I wrote . . .”? These insights are gifts from God, so thank Him for giving them to you.

11. *Ask probing questions.*

Ask the hard questions. You don’t have to have answers.

12. *Thank God you are growing.*

Detail new ways you are discovering a calm heart.

Your *Calm My Anxious Heart Journal* will be a historical record of your changing life. It can be a window into your soul. Your written words become an album of your thoughts, feelings, and experiences. As you chronicle, draw out, and reflect on who you are becoming as a woman who deeply trusts God, your whole learning experience with God can become more beautiful.

How exciting it will be for you—in one year or five—to pull your journal off the bookshelf and reread your own path of discovery!



Week One

YOUR JOURNEY

— *to* —

CONTENTMENT

Week One

YOUR JOURNEY TO CONTENTMENT

Never allow yourself to complain about anything—not even the weather.

Never picture yourself in any other circumstances or someplace else.

Never compare your lot with another's.

Never allow yourself to wish this or that had been otherwise.

Never dwell on tomorrow—remember that tomorrow is God's, not ours.

ELLA SPEES'S HOLY HABIT OF CONTENTMENT

Dear Journaling Friend,

I just want you to know that if your heart drooped when you read Ella's holy habit of contentment, join the club! Ella's daughter, Mimi, gave me a lovely framed copy of these words. I placed it above my desk so I see Ella's words daily—and I always sigh and say, "Okay God, let's keep working on that."

I pray God will give you His eyes to see exactly what is for *you*. You will grow as you are quiet before your God, as you journal your thoughts, hopes, fears, anxieties, and dreams to Him.

Here is the prayer I journaled to Him today for you:

My Abba, what a beautiful relief it is to let You be the Blessed Controller of my life—giving up control to You has been a huge step in discovering contentment. Thank You for being so patient with me. I love You so much for Your gentleness with me.

And I know You will tenderly lead the precious woman who has just begun this journal. You intimately know her. You see her hopes, her fears, her anxieties. Gracious One, pour hope into her as she begins to personalize her prayers and formulates her questions— Oh God, draw her near and envelop Your daughter with Your love. Let her know how deeply You love her and how safe You are.

As you walk through this week, breathe in His Word deeply. Be still, and let your God guide you.

