





# C.A.L.M.

1.  **C**elebrate God. 



Be full of joy in the Lord always. I will say again, be full of joy. —Philippians 4:4

2.  **A**sk God for help. 

Pray and ask God for everything you need...  
—Philippians 4:6

3.  **L**ook on the bright side. 

... always giving thanks. —Philippians 4:6

4.  **M**editate on good things. 

Think about the things that are good and worthy of praise. Think about the things that are true and honorable and right and pure and beautiful and respected. —Philippians 4:8



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2.   **Ask God for help.** 

3.   **Look on the bright side.** 

4.   **Meditate on good things.** 