

For true **STRESS RELIEF** make **Peace** with God.

Step 1 – Admit you’ll never be perfect. Nobody is. We have all thought, spoken, or behaved in ways we wish we hadn’t. This is called sin. We are all sinners. All sinners are separated from God and destined to an eternity of torment in Hell. **Accept** that you can’t do anything to take away your own sins. You can’t earn your way to Heaven. **You need God to forgive** you and give you everlasting **peace** with Him.

Step 2 – Rest in knowing that God loved you so much, He sent His Son Jesus down from Heaven to save you from sin. Jesus is perfect. He is God in flesh, the Messiah. Jesus was tempted in every way and never sinned.

Step 3 – Believe, right this very moment, that Jesus took all sins upon Himself when He willingly died on the cross. Your sins were crucified with Christ. **Jesus was buried**, and **God raised Him to life** on the third day, into a body that will never die. **Trust in Jesus alone** to forgive your sins. All other beliefs will trap you in sin, rob your peace, and mislead you to Hell.

Step 4 – Receive the Holy Spirit. When you believe in Jesus, God sends His Holy Spirit to live in your body. The Spirit helps you to **live a Holy life** and seals you for the day of resurrection. When Jesus appears, **you will receive a new and immortal body**, just like His.

Step 5 – Rest in knowing that the moment you believe Jesus is your Savior, **you become a child of God forever.** Because Jesus suffered Hell on the cross in your place, you will not go there. **You have peace with God and will live with Him forever in paradise.**

Step 6 – Live like the new creation that you are in Jesus. Stop sinning. Give up any false beliefs, false religions, and practices that aren’t in the Bible. **Trust God alone** to meet your needs and fulfill you. Read the **Bible** daily. **Pray** without ceasing. **Fellowship** with other believers. Try joining a local church. **Tell everyone about Jesus.**

Read the Bible.



Stretch band. Sip tea. Pray, in Jesus’ name.

Watch Gospel Movie.



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