

Things to Calm You when speaking to a ladies group

- ❖ Know it is what God has laid on your heart.
- ❖ Know you are sharing something from God's Word.
- ❖ Know you have put time and effort into it. It will be okay!
- ❖ Know God is using you as an instrument to bless and encourage others.
- ❖ Know people are praying for you. (Ask ahead of time for prayer.)
- ❖ Know God is the Prince of Peace. He calmed the sea. He can surely calm a few nerves.

For God hath not given us
the spirit of fear;

*but of power,
and of love,
and of a sound mind.*



2 Timothy 1:7