



A SIMPLE, FAITH-CENTERED WAY TO CALM YOUR MIND AND RETURN TO PEACE

IF YOUR MIND FEELS BUSY, OVERWHELMED, OR STUCK IN CONSTANT THINKING... YOU ARE NOT ALONE.

OVERTHINKING CAN LOOK LIKE:

- REPLAYING CONVERSATIONS
- WORRYING ABOUT WHAT MIGHT HAPPEN
- FEELING MENTALLY EXHAUSTED BUT UNABLE TO REST

THIS IS NOT A LACK OF DISCIPLINE.

IT IS OFTEN YOUR MIND TRYING TO CREATE SAFETY.

A SIMPLE RESET YOU CAN USE ANYTIME:

NOTICE "WHAT AM I THINKING RIGHT NOW?"

INTERRUPT "IS THIS THOUGHT HELPING ME OR CREATING FEAR?"

"I DON'T HAVE TO SOLVE THIS RIGHT NOW."

RENEW "GOD IS WITH ME IN THIS MOMENT."

REST

- PLACE YOUR FEET ON THE GROUND
- TAKE 3 SLOW BREATHS
- SAY: "I AM ALLOWED TO REST"

PEACE BEGINS WITH SMALL MOMENTS OF AWARENESS, TRUTH, AND TRUST.

YOU DON'T NEED TO FIX EVERYTHING TODAY!

ARE YOU READY TO GO DEEPER?

THIS 5-MINUTE RESET IS JUST THE BEGINNING.

THE GRACE RESET FOR OVERTHINKING (7-DAY EXPERIENCE) WILL HELP YOU:

- BREAK THE CYCLE OF OVERTHINKING
- RESTORE CALM AND CLARITY
- RECONNECT WITH GOD'S PEACE

START YOUR 7-DAY RESET TODAY [CLICK](#)

[🌐 Grace Reset for Overthinking \(7-Day Experience\)](#)