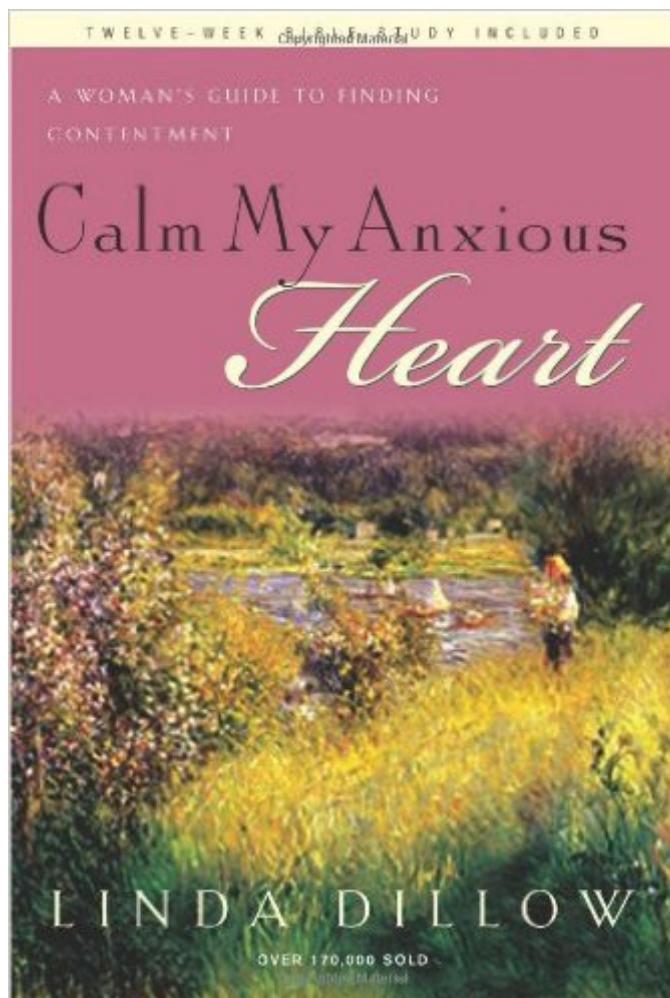


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# Calm My Anxious Heart: A Woman's Guide To Finding Contentment (TH1NK Reference Collection)



## **Synopsis**

Even though we want to be content and trust God, we can still feel overwhelmed by worry. Filled with encouragement and practical help for overcoming anxiety, this 12-session Bible study for women explains what God says about contentment and offers ways to apply it to daily life.

## **Book Information**

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## **Customer Reviews**

For thirteen years I've struggled and watched my women friends struggle with anxiety vs. peace, worry vs. calm, control vs. submission, emptiness vs. letting God fill the hole in our hearts. I found myself unable to put this book down, yet having to as I would become overwhelmed by my need to talk to God. As I turned the pages and the chapters, I was blessed by the way the personal experiences shared by Linda pointed my eyes to God rather than to her. She shares so many scriptures, revealing how they minister to my anxious heart, that at times I felt like I was reading a well-annotated Bible. While reading this book, you will get the distinct feeling that Linda is sitting next to you, with a Bible in one hand and your hand in the other, teaching you how to be a woman at peace with God and yourself. The book ends with a moving letter in which Linda states she is praying for you, the reader, that God will minister to you. Read the book and let God minister--when you get to her letter, you will know she's still praying. Thanks, Linda! God is answering your prayers for this reader. I have joined in your prayers as I send this book to every woman I know who also has an anxious heart.

My life will never be the same after reading this book. Worry, anxiety, stress, disliking myself and my circumstances have all become "former things" as God has renewed my mind, body, and spirit through this wonderful book. A must read.

My Husband and I were going through the hardest time in our marriage. I had just had our second child and had been very sick through the pregnancy. I had lost my job because I was unable to work. Then on our 5 year anniversary, my husband was coming home from work and someone ran into him. He was now unable to walk without crutches and on pain medication. I was having to care for everyone and now he was out of work with out pay. We had two children and a home, our only car was totaled and we owed more than the insurance company would give us. I was TOTALY stressed out! A stranger came to bring food to us (the one and only person who did) and she talked to me. She really acted as if she cared, she said.... "you know why"??? Because I have suffered too. Lorraine then became one of my closest friends. She gave me this book to read. I read it and cryed and prayed and begged God to have mercy on my family. I went to try to find a job but with two little children and a husband unable to care for them, what was I to do? All I could do is TRUST GOD! Linda's book helped me to see that I could be content. Because God had a better plan for our lives. It was not easy going through what we went through, but God brought us out of the darkest time and has blessed our family more than we could have ever thought because God made me learn how to trust him. I think that was the lesson I needed to learn. Thank you Linda, I was low on hope and feeling forgotten until I read this book. Now I know my Father cares and I am never forgotten. Praise God!

This book is wonderful! It has been a tool that God has used to reknow my mind and transform my heart. It gives practical tips based on scripture on how to be more content with every aspect of life. It teaches us how to trust in God and helps us to see our lack of trust for what it really is, sin. Every Christian needs to go through this study. It will change your life, if you allow God to. Thankyou Linda for allowing God to use you in such a mighty way. This is great for a women's bible study.

We all long for contentment and calm in our everyday lives, yet seldom find either. This twelve week study has begun to lead me to a place of calm through listening more closely to GOD's teachings. Linda Dillow has given practical exercises in the word that leads to a more fulfilled and content life as a wife, mother, teacher and friend. Trusting God totally is the theme from this excellent study. I also purchased the Mercies Journal and have found it a real meaningful practice each day. This

study has been life changing for me.

This book has many bible verse references to remind us how important it is to trust God. It also includes a 12 week study course, to instill those verses as part of our everyday living. It has helped me tremendously to be able to let go of worry, and to remind me that God is the Blessed Controller of my life, and the Blessed Controller of all things..

As one who has read virtually EVERYTHING out there about worry and anxiety, I find this book to be an absolute gift from God. It is well-written, scripturally-based, and personal. The author, a former missionary, discusses her own struggles with worry and anxiety--very humbling. But this book will give you something to work on as you read it. It's not just a "good read." It's a life-changing book including a 12-week study at the end that asks you to keep reviewing the book, the scriptures, and the plan God has for your life.

Imagine what your life would be like without worry....This 12 week bible study will help you on that journey. You begin with chapter 1 - My Journey to Contentment, then move on to Content with Circumstances, Content to Be Me, Content in Relationships, Never Enough, A Faulty Focus, Worry Is Like a Rocking Chair, Faith: The Foundation, Trusting God with the What Ifs, Trusting God with the If Onlys, and Trusting God with the Whys. Each chapter has a personal story of other women searching to toss worry out the window and grasp true contentment. At the back of the book is the Bible Study. Each week had less than a dozen questions to answer regarding the weeks reading. They recommend you write 3 things in your journal - 1) What did I learn about God this week? 2) What did I learn about myself? 3) Write a prayer to remember what God has taught you. This is a book I could read over and over and still find nuggets of truth and inspiration. So if you are tired of worrying and want to experience calm and contentment promised in scripture, this book is truly what you are looking for! I have read this book more than once and keep it on my nightstand when I need a gentle reminder to be calm and content.

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