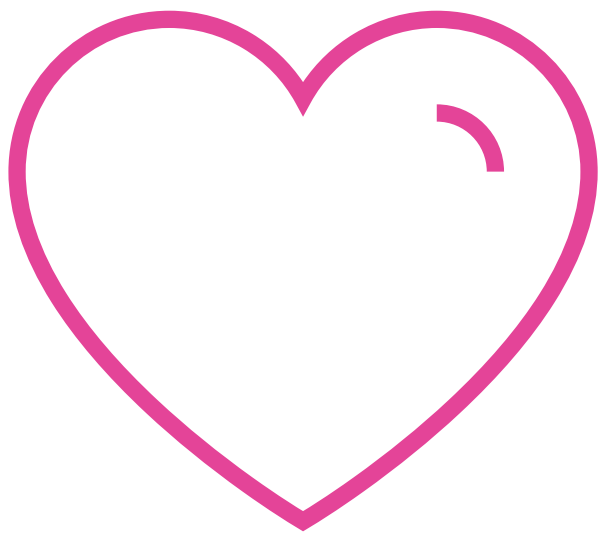


CARE FOR YOUR

FAITH



LOOK up[®]



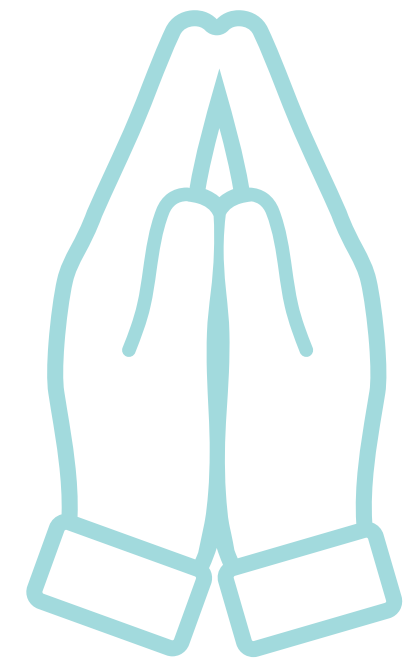
**DEVELOP
YOUR FAITH**

Believe that God has a plan for your future. Faith and hope can make it easier to get through difficult times.

**FIND
YOUR
PURPOSE**



A Biblically-based sense of purpose helps you form goals and motivates you to action.



PRAY

Talking to God for even 10 minutes each day can calm your heart and give you peace. Prayer doesn't have to be formal—just tell Him the things that are closest to your heart.



Joining a faith community provides support and encouragement, as well as opportunities to form positive relationships.

FIND A COMMUNITY