

**One-Day
Seminar!**



HOW TO BE

A LESS ANXIOUS CHRISTIAN

Date: Saturday, February 8, 2025
Time: 9:00 AM - 3:00 PM
Location: Grace Fellowship Church
520 7th St, Prosser

Summary

In the midst of an anxious world with all kinds of uncertainties Jesus said, "Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." Do you ever feel like the kind of peace that Jesus describes is something that escapes you?

In this one-day snapshot class we will look at how our relationship with Jesus can create a foundational peace for living. Topics will include handling stress, practicing forgiveness, managing conflict, paying attention to our physical and emotional health, spiritual disciplines, and creating an individualized rule of life for yourself.

Instructor: Paul Fredericks
Cost: \$25



Registration will be available online at ezrabibleinst.org

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