



God of All Comfort
who comforts us in all our troubles
who comforts us in all our troubles

From a Sigh of Burden
to a Sigh of Rest,

A meditation on what troubles us

Brought to you by *Into the Waters*

Saturday, November 18th, check in at 10 a.m.

-
- Who: Anyone open to processing troubles with God
- What: Learn how God comforts troubled thoughts & anxious hearts
- How: Practice calming exercises, assess feelings and thoughts, ponder images of trouble, process privately, sit under soothing song, receive prayer, finish in your own timing.
- Where: Webster Recreation, 1350 Chiyoda Drive, Webster, 14580, Room 302
- Why: If you have a troubled mind or heart in any of the following ways:
- 1) Situations are murky and unclear. Negative emotions are stirred up.
 - 2) Situations pressing in on you. You feel trapped and cornered.
 - 3) Experiencing a poverty of spirit that is overwhelming you.
 - 4) Have adversarial relationships that are a source of regular agitation.
 - 5) Experiencing flow of internal dismay that keeps you in fight or flight mode.

The situations above are 5 ways God defines TROUBLE. God speaks our language and offers comfort. He sees the trouble and desires to enter in to it, speak in ways that still our anxiety, give us wisdom, and offer safe arms of comfort for rest.

Consider there is another way through your troubles. Come and see. God is there to comfort in all your troubles. Event is free. Online donations accepted.

Sign Up! Visit www.intothewaters.com/calendar