

SICK SEASON SURVIVAL GUIDE

STOCK UP LIST

PRIORITIES

- GET BETTER
- SIMPLE MEALS
- START LAUNDRY
- TRASH
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REMINDERS:

♥ LOWER YOUR EXPECTATIONS

♥ PRIORITIZE REST

TIME IN WORD/PRAYER

SIMPLIFY

VERSES.

♥ GOD IS OUR REFUGE
AND STRENGTH, AN EVER-
PRESENT HELP IN
TROUBLE-PSALM 46:1

MY HELP COMES FROM
THE LORD, THE MAKER OF
HEAVEN AND EARTH. -
PSALM 21:1-2