



## Worship Through the Worry: A Journal of Praise and Prayer (Paperback)

By Zena Stewart

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Author Zena Stewart wrote this devotional book during a time when her life seemed too bleak to bear and she was filled with depression, anxiety, and loss. In the process of writing the book, she came to realize God was showing her the way to eliminate the old, unhealthy parts of herself that kept her feeling stuck in a rut of misery. Oftentimes when we experience pain, we are actually experiencing God pruning us, cutting away the dead so that new, abundant life may grow, Stewart says. It was not within her power to make the depression and anxiety go away-but it was within God's power. She came to realize that God was teaching her, and she received his spiritual pruning. New life began to burst forth as she gradually became stronger and more optimistic, through God's help. Now Stewart wants to share that same message of hope and strength with readers, especially those going through their own dark times. Bible study, prayer, and thoughtful meditation with this easy-to-read text can help those who are hurting find a...



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