

#	Care Topic Title	Bible Verse	Subject Note	Revised Date
1	A Biblical Understanding of Addiction	Proverbs 23:25	Addiction	5/22/2023
2	A Manager after God's Heart	Ephesians 6:9	Management, Business	5/22/2023
3	A Public Servants Response to Mental Illness	Ephesians 4:1-3	A Public Servants Response to Mental Illness	5/22/2023
4	A Stress Dashboard	2 Timothy 3:1	Stress Management	5/22/2023
5	A Stress Survival Guide	2 Timothy 3:1	Stress Management	5/22/2023
6	After the Fact Stress	Proverbs 22:11	Stress Management, PTSD	5/22/2023
7	Airline Travel Tips	Psalms 37:23	Life and Organization Tips	5/22/2023
8	An Exercise in Stress	1 Timothy 4:8	Stress Management	5/22/2023
9	Attitude is Everything	Proverbs 17:22	Attitude	5/22/2023
10	Breaking the Stress Cycle	Deuteronomy 30:19	Stress Management	5/22/2023
11	Cabin Fever	Ecclesiastes 3:1, 4	Stress Management, Holiday Blues	5/22/2023
12	Confessions of a Failed Relationship	Isaiah 30:15, 18	Relationships	5/22/2023
13	Cover Me	Joshua 24:15	Authority, Business	5/22/2023
14	Creativity	Proverbs 8:12	Creativity	5/22/2023
15	Dealing with Difficult People	Matthew 7:12	Dealing with Difficult People, Business	5/22/2023
16	Dealing with Guilty Feelings	Romans 8:1	Dealing with Guilty Feelings	5/22/2023
17	Decision Making in the Family	Amos 3:3	Decision Making in the Family	5/22/2023
18	Developmental Maturity	Proverbs 1:30-33	Parenting, Decision Making	5/22/2023
19	Dollars and Sense	Matthew 25:21	Financial Management	5/22/2023
20	Don't Blow Your Top	Proverbs 16:32	Anger Management	5/22/2023
21	Double Jeopardy	Joel 3:14	Decision Making	5/22/2023
22	Everyday Spanish Tips	1 Corinthians 4:9-11	Everyday Spanish Tips, Business	5/22/2023
23	Facing End of Life Decisions	Ecclesiastes 3:1-2	Facing End of Life Decisions, Grief	5/22/2023
24	Fill Up the Tank	Galatians 6:2	Relationships	5/22/2023
25	Good Grief	2 Corinthians 1:4	Grief	5/22/2023
26	Good Grief with Job Comments	2 Corinthians 1:4	Grief	5/22/2023
27	Group Dynamics	Psalms 68:6	Group Dynamics, Business	5/22/2023
28	Healthy Family Life	Hebrews 10:24-25	Family	5/22/2023
29	Healthy Living	Proverbs 20:18	Healthy Living	5/22/2023
30	Helpful Parental Discipline	Psalms 111:10	Family, Parenting	5/22/2023
31	Hobby Tips 1	Ecclesiastes 9:10	Hobby Tips, Stress Management	5/22/2023
32	Hobby Tips 2	Ecclesiastes 9:10	Hobby Tips, Stress Management	5/22/2023
33	Hobby Tips 3	Ecclesiastes 9:10	Hobby Tips, Stress Management	5/22/2023
34	Hope for the Obsessive Compulsive	Matthew 6:25-34	Hope for the Obsessive Compulsive	5/22/2023
35	How to Find Mr. or Ms. Right	Matthew 7:24-28	Relationships, Marriage	5/22/2023
36	How to Survive Rejection	Romans 8:28	How to Survive Rejection	5/22/2023
37	Humor in Meetings	Proverbs 17:22	Humor in Meetings, Business	5/22/2023
38	I Did	Mark 10:9	Marriage	5/22/2023
39	In Deep Water	Psalms 69:1-2	Stress Management, Healthy Living	5/22/2023
40	In Laws and Out laws	Mark 10:6-8	Marriage	5/22/2023
41	In My Element	Matthew 7:24	Family, Business	5/22/2023

42	Life and Organization Tips	Proverbs 16:1-3	Life and Organization Tips	5/22/2023
43	Living with Technology	Proverbs 9:9	Living with Technology	5/22/2023
44	Making a Blended Family Work	Ecclesiastes 4:12	Family	5/22/2023
45	Making a Long Distance Relationship Work	Song of Solomon 6:1-3	Marriage, Relationships	5/22/2023
46	Obtaining and Maintaining Employment	Ephesians 6:5, 9	Obtaining and Maintaining Employment, Business	5/22/2023
47	People Stress	Hebrews 12:14	Stress Management	5/22/2023
48	Positive Parenting	Proverbs 22:6	Parenting	5/22/2023
49	Put Your Worry to Work	Philippians 4:6	Worry	5/22/2023
50	Relating to Our World	1 Corinthians 10:32-33	Cultural Relations	5/22/2023
51	Reversing the Downward Spiral of Depression	Proverbs 11:25	Depression	5/22/2023
52	School and Study Tips	2 Timothy 2:15	School and Study Tips	5/22/2023
53	Secondhand Stress	Proverbs 27:4	Stress Management	5/22/2023
54	Setting Boundaries	Deuteronomy 19:14	Boundaries, Relationships	5/22/2023
55	She Will be Coming Around the Mountain	Isaiah 58:6-9	Repetitive Cycles, Addiction	5/22/2023
56	Speak to Me	Ephesians 4:15	Verbal Communication	5/22/2023
57	Stress Under Fire	1 Peter 5:8	Stress Management	5/22/2023
58	Stress Under Pressure	James 1:2-3	Stress Management	5/22/2023
59	Stress Vision	Philippians 4:6-8	Stress Management	5/22/2023
60	Suicide Why?	Deuteronomy 30:19	Suicide	5/22/2023
61	System Shock	Matthew 7:24-28	Stress Management	5/22/2023
62	Teamwork	Proverbs 24:6	Teamwork, Business	5/22/2023
63	The Blame Game	Romans 8:1	Blame, Guilt	5/22/2023
64	The Four Horsemen of Marriage	Ephesians 5:33	Marriage	5/22/2023
65	The Greed Gland	Philippians 4:11-13	Financial Management, Greed	5/22/2023
66	The Perils of Pornography	Psalms 101:3	Family, Marriage	5/22/2023
67	The Point of No Return	Proverbs 16:9	Preparation	5/22/2023
68	The Respectful Church Family	Matthew 7:12	The Respectful Church Family	5/22/2023
69	The Respectful Classroom	Matthew 7:12	The Respectful Classroom	5/22/2023
70	The Respectful Family	Matthew 7:12	Marriage	5/22/2023
71	The Respectful Workplace	Ephesians 6:5-9	The Respectful Workplace, Business	5/22/2023
72	The Stalemate	Ephesians 2:13-15	Relationships	5/22/2023
73	The Stress Bucket	Proverbs 24:10	Stress Management	5/22/2023
74	The Stress Mold	Romans 12:2	Stress Management	5/22/2023
75	The Tailor of Greensboro	Mark 2:21	Healthy Living	5/22/2023
76	The Titanic, How to Sink Your Marriage	Matthew 7:24-25	Marriage	5/22/2023
77	The Tyranny of the Urgent	Proverbs 30:15-16	Stress Management, Business	5/22/2023
78	Three Relationships That We All Need	Ephesians 4:12	Relationships, Business	5/22/2023
79	Three Sides to Every Story	Genesis 50:19-20	Conflict	5/22/2023
80	Transitions	Isaiah 40:31	Transitions, Business	5/22/2023
81	Trapped in a Bad Marriage	Matthew 19:6	Marriage	5/22/2023
82	Understanding Addictions	Proverbs 23:29-35	Addiction	5/22/2023
83	Victory Over Temptation	1 Corinthians 10:13	Addiction	5/22/2023
84	When is the Honeymoon Over?	2 Corinthians 5:17	Marriage, Business	5/22/2023
85	While it Remains for Us the Living	John 14:1-2	Grief	5/22/2023
86	Why Home Maintenance	Matthew 7:24-25	Why Home Maintenance	5/22/2023

87	You've Got Thoughts	Philippians 4:8	Thought Life	5/22/2023
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