

Strategies for Stressful Times

Finding God's Strength in your Slog

Inspired by Rick Warren

Example of perseverance in the face **Opposition**

"... 'I will drive out demons and heal people today and tomorrow, and on the third day I will reach my goal.' In any case, I must keep going today and tomorrow and the next day..." Luke 13:32-33 (NIV)

Example of perseverance in a time of **Pain**

"We are pressed on every side by troubles, but not crushed and broken. We are perplexed because we don't know why things happen as they do, but we don't give up and quit. We are hunted down, but God never abandons us. We get knocked down, but we get up again and keep going." **2 Corinthians 4:8-9 (The Living Bible)**

_____ tell God
how you feel

"unload all your burden on to him, since he is concerned about you" **1 Peter 5:7 (New Jerusalem Bible)**

Fact: God _____ how you are feeling

"The Lord gave us each a mind, and nothing we do can be hidden from him." **Psalm 33:15 (CEV)**

Fact: God _____ your feelings better than you do

"... the Lord knows what is in everyone's mind. He understands everything you think. If you go to him for help, you will get an answer" **1 Chronicles 28:9-10 (NCV)**

Fact: God _____ to you

"I love the Lord, because he hears me; he listens to my prayers. He listens to me every time I call to him." **Psalm 116:1-2 (GNB)**

"Evening and morning and at noon, I will complain and murmur, And He will hear my voice." **Psalm 55:17 (NASB)**

_____ ask God
for strength

But God is the real source of wisdom and strength." **Job 12:13 (CEV)**

"I can lie down and go to sleep, and I will wake up again, because the Lord gives me strength." **Psalm 3:5 (NCV)**

"As soon as I pray, you answer me; you encourage me by giving me strength." **Psalm 138:3 (NLT)**

"God is against the proud, but he gives grace to the humble." Be humble under God's powerful hand so he will lift you up when the right time comes." **1 Peter 5:5- (NCV)**

“give thanks in all circumstances, for this is God’s will for you in Christ Jesus.” **1 Thessalonians 5:18 (NIV84)**

_____ practice
giving thanks

Way: Make _____ your
Priority

“So here I am in the place of worship, eyes open, drinking in your strength and glory.” **Psalm 63:2 (The Message)**

“... those who worship God will be encouraged.” **Psalm 69:32 (GNB)**

Way: Embrace Heaven’s _____

Thanks be to God who leads us, wherever we are, on Christ's triumphant way...**2 Corinthians 2:14 (J.B. Phillips)**

_____ refocus
on God