

# Strategies for Stressful Times

Ways to be Happy

A happy heart is like good medicine, but a broken spirit drains your strength. **Proverbs 17:22 (NCV)**

Dear friends, you always followed my instructions when I was with you. And now that I am away, it is even more important. Work hard to show the results of your salvation, obeying God with deep reverence and fear. For God is at work within you, helping you want to obey him, and then helping you do what he wants. In everything you do, stay away from complaining and arguing so that no one can speak a word of blame against you. You are to live clean, innocent lives as children of God in a dark world full of people who are crooked and stubborn. Shine out among them like beacon lights, holding out to them the Word of Life. Then when Christ returns, how glad I will be that my work among you was so worthwhile. **Philippians 2:12-16 (TLB)**

Make sure you aren't  
\_\_\_\_\_ God

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For God is at work within you, helping you want to obey him, and then helping you do what he wants. **Philippians 2:12 (TLB)**

For I am confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus. **Philippians 1:6 (NASB)**

"Happy are those who keep his rules, who try to obey him with their whole heart." **Psalms 119:2 (NCV)**

Practice \_\_\_\_\_

In everything you do, stay away from complaining and arguing... **(Philippians 3:13)**

"Whatever happens, my dear brothers and sisters, rejoice in the Lord. I never get tired of telling you these things, and I do it to safeguard your faith." **Philippians 3:1(NLT)**

"But the Lord's plans stand firm forever; his intentions can never be shaken." **Psalms 33:11 (NLT)**

## Live out your Divine

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“Quietly trust yourself to Christ your Lord, and if anybody asks why you believe as you do, be ready to tell him, and do it in a gentle and respectful way.” **1 Peter 3:15 (The Living Bible)**

“... ‘Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master’s happiness!’” **Matthew 25:23 (NIV84)**

## Keep a Clear \_\_\_\_\_

What happiness for those whose guilt has been forgiven! What joys when sins are covered over! What relief for those who have confessed their sins and God has cleared their record. **Psalm 32:1 (TLB)**