

# Strategies for Stressful Times

Successfully Navigating Headwinds

“... Jesus insisted that his disciples get back into the boat and head across the lake to Bethsaida, while he sent the people home. After telling everyone good-bye, he went up into the hills by himself to pray. Late that night, the disciples were in their boat in the middle of the lake, and Jesus was alone on land. He saw that they were in serious trouble, rowing hard and struggling against the wind and waves. About three o’clock in the morning Jesus came toward them, walking on the water. He intended to go past them, but when they saw him walking on the water, they cried out in terror, thinking he was a ghost. They were all terrified when they saw him. But Jesus spoke to them at once. “Don’t be afraid,” he said. “Take courage! I am here!” Then he climbed into the boat, and the wind stopped. They were totally amazed, for they still didn’t understand the significance of the miracle of the loaves. Their hearts were too hard to take it in.” **Mark 6:45–52 (NLT)**

It’s always better to struggle in a \_\_\_\_\_

Jesus insisted that his disciples get back into the boat and head across the lake to Bethsaida

“Two people are better off than one, for they can help each other succeed. If one person falls, the other can reach out and help. But someone who falls alone is in real trouble.”

**Ecclesiastes 4:9–10 (NLT)**

Understand that your struggles are often \_\_\_\_\_

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**God uses tests to \_\_\_\_\_ your true character**

"Fire tests the purity of silver and gold, but the Lord tests the heart." Proverbs 17:3 (NLT)

**God uses tests to \_\_\_\_\_ your character.**

"We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope of salvation." **Romans 5:3-4 (NLT)**

"... and he [God] chose them to become like his Son, so that his Son would be the firstborn among many brothers and sisters." **Romans 8:29 (NLT)**

Trust Jesus to do \_\_\_\_\_  
\_\_\_\_\_ to rescue you

"they were in serious trouble, rowing hard and struggling against the wind and waves. About three o'clock in the morning Jesus came toward them, walking on the water."

"He [Jesus] went on a little farther and bowed with his face to the ground, praying, "My Father! If it is possible, let this cup of suffering be taken away from me. Yet I want your will to be done, not mine." **Matthew 26:39 (NLT)**

"Christ suffered for our sins once for all time. He never sinned, but he died for sinners to bring you safely home to God..." **1 Peter 3:18 (NLT)**