

MAINTAINING MY EMOTIONAL HEALTH WHEN I AM STRESSED

May 17, 2020

Romans 12:11-12

“Don’t burn out; keep yourselves fueled and aflame...Don’t quit in hard times; pray all the harder.” (MSG)

1. Show grace to _____.

“God gives grace generously. As the Scriptures say, ‘God opposes the proud but gives grace to the humble.’” James 4:6

2. Begin and end each day _____.

“Humbly accept God’s word planted in your heart. It is able to save your souls.” James 1:21

*“Before sunrise I look to you for help and I put my hope in your word.”
Psalm 119:147*

3. Set and stick with _____.

“Consider carefully how you live. Live wisely, not foolishly. Make the most of your time because these are difficult, evil days.” Ephesians 5:15-16

4. Stop _____.

“Your eye is the lamp of your body. If your vision is good, your whole being will be full of light. But if you are focused on the bad, your life will be full of darkness.” Matthew 6:22-23

5. Schedule a daily connection _____.

“Speak encouraging words to each other. Build up hope so you’ll all be together in this, with no one left out, and no one left behind. I know you’re already doing this; just keep on doing it!” 1 Thessalonians 5:11 (MSG)