

MAINTAINING EMOTIONAL HEALTH WHEN I AM STRESSED (Part 2)
May 24, 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)

6. Share _____ instead of _____.

“Share each other’s troubles and problems and in this way obey the law of Christ.” Galatians 6:2 (NLT)

“Confess your faults one to another and pray for one another, that you may be healed.” James 5:16 (KJV)

7. Seek advice before _____.

“Our plans often fail because we don’t seek advice. But listening to good counsel will bring success.” Proverbs 15:22

8. Take _____ throughout the day.

“Even youths will become weak and tired, and young men will fall in exhaustion. But those who wait on the Lord will renew their strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.” Isaiah 40:30-31 (NLT)

9. Serve someone _____.

“The religion that God our Father accepts as pure and faultless is this: to care for orphans or widows who need help in their distress and to keep yourself uncorrupted by the world.” James 1:27

10. Control _____ and trust God _____.

(From Abrahams’ example) *“We see that his faith and his actions worked together. His faith made complete by what he did.” James 2:22*