

## Answers For The Stress And Strains Of Life How To Bounce Back When Things Are Tough

### Step 1: Take care \_\_\_\_\_

**Matthew 6:31** *Then Jesus said, "Let's go off by ourselves to a quiet place and rest awhile." He said this because there were so many people coming and going that Jesus and his apostles didn't even have time to eat.*

- \_\_\_\_\_
- Sleep
- Breathe: \_\_\_\_\_

### Step 2: Deal \_\_\_\_\_

**Proverbs 15:13** *A glad heart makes a happy face; a broken heart crushes the spirit.*

a) \_\_\_\_\_

**Psalm 42:5** *Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again—*

b) \_\_\_\_\_

**I Thessalonians 5:16-18** *Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.*

### Step 3: \_\_\_\_\_

**Matthew 26:37-38** *He took Peter and Zebedee's two sons, James and John, and he became anguished and distressed. He told them, "My soul is crushed with grief to the point of death. Stay here and keep watch with me."*

### Step 4: Turn \_\_\_\_\_

a) I remind myself what \_\_\_\_\_

**Colossians 3:1-2** *Set your minds on things above, not on earthly things.*

b) \_\_\_\_\_ to build my faith

**1 Samuel 7:12** *Then Samuel took a stone and set it up between Mizpah and Shen. He named it Ebenezer, saying, "Thus far the LORD has helped us."*

## How To Process Your Emotions

- Get a notebook or a good friend
- Write out the date it happened
- Write out the details of what happened
- Use an emotions chart to identify what you are feeling
- Identify all your emotions
- Write about why you feel that way
- Remember name it to tame it

### Key Promises to remember in adversity

- Father, you promised there's a purpose in this pain (Hebrews 12:7-11, Psalm 33:4-5). So what would you like me to learn from this?
- Father, you promised you are already at work bringing good from this (Romans 8:28, John 5:17). Father, I look forward to seeing what you will do.
- You promised again and again to help me (Matthew 7:11, James 4:2). So I'm asking for your help and trusting you to help. I can't wait to see what you will do.
- Father, you promised to restore my soul (Psalm 23). So I'm grateful that you are already working to heal me.
- I cheerfully embrace this as an opportunity to see the hand of God stretched out in help and deliverance

### Read 2 Chronicles 14-16 and make your choice

*"The believer should not shrink from situations, positions, or circumstances in which his faith may be tried, but he should cheerfully embrace them as opportunities to see the hand of God stretched out in help and deliverance. Thus his faith will be strengthened."*

George Mueller