

**Answers For The Stress And Strains Of Life
Breaking Free From The Stress Of Self-reliance**

1. Remember _____

Hebrews 4:16 *Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.*

2. _____ God in stressful moments

2 Corinthians 1:9-10 *Indeed, we felt we had received the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead. He has delivered us from such a deadly peril, and he will deliver us again. On him we have set our hope that he will continue to deliver us...*

3. _____

2 Chronicles 14:11 *Then Asa cried out to the LORD his God, "O LORD, no one but you can help the powerless against the mighty!"*

4. _____

2 Chronicles 14:11 *Help us, O LORD our God...*

Isaiah 41:10 *Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.*

Ecclesiastes 5:11 *Just as you cannot understand the path of the wind or the mystery of a tiny baby growing in its mother's womb, so you cannot understand the activity of God, who does all things.*

5. _____

2 Chronicles 4:11 *Help us, O LORD our God, for we trust in you alone.*

God, these situations are stressing me out today:

1.

2.

3.

4.

5.

"Work with all your might; but trust not in the least in your work. Work as if everything depended on you; but trust as if everything depended on God." George Mueller

"The more I depend on God, the more I experience His presence and His power in my life." Elizabeth Elliot

"When we rely on God, we are freed from the anxiety of trying to control every outcome, knowing that He is in control." Unknown

"Stress is when you've used up all your energy worrying about things you can't control." Charles R. Swindoll

"Relying on God is an act of faith that opens the door to His supernatural provision and guidance in our lives." Unknown