

Bless This Stress

Stress is good when it helps us _____.

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...
Romans 5:3-4 NLT

How to keep stress from tearing us down

1. Care deeply, but don't give in to _____.

Philippians 2:20 RSV

Can all your worries add a single moment to your life?... So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.

Matthew 6:27, 34 NLT

Worry is: Un_____

Unhelpful

Un_____

Unnecessary

2. Learn to trust _____ more than circumstances or self.

Give all your worries and cares to God, for he cares about you.
1 Peter 5:7 NLT

Psalm 91:1-2 NLT

3. Learn the _____ of peace.

Isaiah 26:3

- _____ **your day the right way.**

Listen to my voice in the morning, LORD. Each morning I bring my requests to you and wait expectantly. Psalm 5:3 NLT

- _____ **is for Christians, too.**

I will think about all that you have done; I will meditate on all your mighty acts. Psalm 77:12 GNT

- **Decide what you _____ in life.**

It is better to have only a little, with peace of mind, than be busy all the time with both hands, trying to catch the wind. Ecclesiastes 4:6 GNT

- **Cultivate _____.**

Anxiety weighs down the heart, but a kind word cheers it up. Proverbs 12:25

- **Remember the importance of _____.**

Come to me, all you who are weary and burdened, and I will give you rest. Matthew 11:28

Philippians 4:6-7 NIV