

2 Much 2 Do: #6: When You Are at the Breaking Point

1. Have a _____

a) _____ it out with God
Philippians 4:6 *Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.*

- b) Physically Work out
- c) Rest
- d) Eat well

Psalms 62:8 *Trust in him at all times, O people; pour out your hearts to him, for God is our refuge.*

Matthew 11:28-30 *Jesus said 'Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.'*

*Anything worth worrying about is worth praying about. If we prayed as much as we worried, we'd have a lot less to worry about.

2. _____ an attitude

*You can't always control what happens to you, but you can control your response.

1 Thessalonians 1:6 *You became imitators of us and of the Lord; in spite of severe suffering, you welcomed the message with the joy given by the Holy Spirit.*

a) _____ up your attitude

Proverbs 12:25 *Worry weighs us down.*

Proverbs 14:30 *A relaxed attitude lengthens a man's life.*

Proverbs 17:22 *Being cheerful keeps you healthy. It is slow death to be gloomy all the time.*

Matthew 6:27 *Who of you by worrying can add a single hour to his life.*

3. Receive _____

4. Set _____ or _____

John 6:15 *...he withdrew again to the hillside by himself.*

*If you don't master your schedule, it will master you.

Proverbs 17:24 *An intelligent person aims at wise action, but a fool starts off in many directions.*

Proverbs 12:11 *It is stupid to waste time on useless projects.*

Proverbs 16:9 *We should make plans—counting on God to direct us.*

5. _____

*The single greatest cause of stress is this: We take ourselves too seriously and we don't take God seriously enough.

Proverbs 28:13 *He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy.*

John 14:27 *Jesus said, 'My peace I give to you. I give you my own peace and my gift is nothing like the peace of this world, don't be distressed or daunted.'*