

FINDING THE STRENGTH TO KEEP GOING WHEN I'M EMOTIONALLY WORN OUT

Strategies for Stressful Times
Rick Warren

2 Examples of Determination to Keep Going

"I will keep on driving out demons and healing people today and tomorrow, and on the third day I will reach my goal. In any case, I must press on today and tomorrow and the next day." Luke 13:32-33 (NIV)

"We are pressed on every side by troubles, but not crushed and broken. We are perplexed . . . but we don't give up and quit. We are hunted down, but God never abandons us. We get knocked down, but we get up again and keep going." 2 Corinthians 4:8-9 (TLB)

1. HONESTLY _____

"Unload all your burden on to him, since he is concerned about you." 1 Peter 5:7 (NJB)

• GOD ALREADY KNOWS _____

"The LORD gave us each a mind, and nothing we do can be hidden from him." Psalm 33:15 (CEV)

• GOD UNDERSTANDS _____

"The Lord knows what is in everyone's mind. He understands everything you think." 1 Chronicles 28:9 (NCV)

• GOD LOVES _____

"I love the LORD, because he hears me; he listens to my prayers. He listens to me every time I call to him." Psalm 116:1-2 (GNT)

"Morning, noon, and night I cry out in my distress, and the LORD hears my voice." Psalm 55:17 (NLT)

"The LORD is like a father to his children, tender and compassionate." Psalm 103:13 (NLT)

"Cry out in the night. . . . Pour out your heart like water in prayer to the Lord." Lamentations 2:19 (NCV)

2. HUMBLY _____

"Look to the LORD and his strength." Psalm 105:4 (NIV)

"God is the real source of wisdom and strength." Job 12:13 (CEV)

"I can lie down and go to sleep, and I will wake up again, because the Lord gives me strength." Psalm 3:5 (NCV)

"When I pray, you answer me and encourage me by giving me the strength I need." Psalm 138:3 (TLB)

"O Daniel, greatly beloved of God . . . listen carefully." Daniel 10:11 (TLB)

"Since the first day you began to pray for understanding and to humble yourself before your God, your request has been heard in heaven." Daniel 10:12 (NLT)

THE ATTITUDE THAT MOVES GOD TO ANSWER: _____

3. GRATEFULLY _____

DESPITE ALL THAT'S BAD

"Give thanks in all circumstances; for this is God's will for you in Christ Jesus." 1 Thessalonians 5:18 (NIV)

"Job stood up and tore his robe in grief. Then he shaved his head and fell to the ground to worship." Job 1:20 (NLT)

"He said, 'I was born with nothing, and I will die with nothing. The Lord gave, and now he has taken away. May his name be praised!' In spite of everything that had happened, Job did not sin by blaming God." Job 1:21-22 (GNT)

Job showed that I can always be grateful:

- That God is loving and cares for me Job 10:12
- That God had a detailed plan for my future Job 23:14
- That God is in control of what I don't understand Job 34:13
- That God will reward me after I'm tested Job 23:10

"Here I am in the place of worship, eyes open, drinking in your strength." Psalm 63:2 (MSG)

4. CONSTANTLY _____

"We must focus on Jesus, the source and goal of our faith. He saw the joy ahead of him, so he endured death on the cross and ignored the disgrace it brought him. Then he received the highest position in heaven." Hebrews 12:2 (GW)

"That is why we never give up. Though our bodies are dying, our spirits are being renewed every day. For our present troubles are small and won't last very long. Yet they produce for us a glory that vastly outweighs them and will last forever!" 2 Corinthians 4:16-17 (NLT)

"So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal." 2 Corinthians 4:18 (NIV)

"We are praying, too, that you will be filled with his mighty, glorious strength so that you can keep going no matter what happens—always full of the joy of the Lord."
Colossians 1:11 (TLB)

"We can only keep on going, after all, by the power of God, who first saved us."
2 Timothy 1:8-9 (MSG)

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HOW TO BE HAPPY NO MATTER WHAT HAPPENS

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Philippians 1:12-30

"Whatever happens, conduct yourselves in a manner worthy of the gospel of Christ." Philippians 1:27 (NIV)

NO MATTER WHAT HAPPENS . . .

1.

"We know that all that happens to us is working for our good if we love God and are fitting into his plans." Romans 8:28 (TLB)

"We know that God causes everything to work together for the good of those who love God and are called according to his purpose." Romans 8:28 (NLT)

"I will praise the Lord no matter what happens." Psalm 34:1 (TLB)

Paul's Example:

"I want you to know, my dear brothers and sisters, that everything that has happened to me here has helped to spread the Good News."

Philippians 1:12 (NLT)

ANYTIME I FACE A PROBLEM WITH FAITH . . .

• IT'S A

"Everyone here, including the whole palace guard, knows that I am in chains because of Christ." Philippians 1:13 (NLT)

• IT'S AN

"And because of my imprisonment, most of the believers here have gained confidence and boldly speak God's message without fear."

Philippians 1:14 (NLT)

2.

CRITICS: *"It's true that some are preaching out of jealousy and rivalry. But others preach about Christ with pure motives. . . ." Philippians 1:15 (NLT)*

COMPANIONS (who care): *"Some of them preach Christ . . . from genuine good will. These do so from love, because they know that God has given me the work of defending the gospel." Philippians 15-16 (GNT)*

COMPETITORS: *"Those others do not have pure motives as they preach about Christ. They preach with selfish ambition, not sincerely. . . ." Philippians 1:17 (NLT)*

CHALLENGERS: *"Others . . . stir up trouble for me while I'm in prison." Philippians 1:17 (GW)*

Paul's Attitude:

"But it doesn't matter. The important thing is that in every way, whether for right or wrong reasons, they are preaching about Christ. So I am happy, and I will continue to be happy." Philippians 1:18 (NCV)

"Tell the Good News fearlessly, no matter what your enemies may do. They will see this as a sign of their downfall, but for you it will be a clear sign from God that he is with you, and that he has given you eternal life with him."

Philippians 1:27-28 (TLB)

"For you have been given not only the privilege of trusting in Christ but also the privilege of suffering for him. We are in this struggle together. You have seen my struggle in the past, and you know that I am still in the midst of it."

Philippians 1:29-30 (NLT)

"No matter what happens, always be thankful, for this is God's will for you who belong to Christ Jesus." 1 Thessalonians 5:18 (TLB)

3.

"I will continue to rejoice. For I know that as you pray for me and the Spirit of Jesus Christ helps me, this will lead to my deliverance." Philippians 1:18-19 (NLT)

"It is my eager expectation and hope that I will not be at all ashamed, but that with full courage now as always Christ will be honored in my body, whether by life or by death." Philippians 1:20 (ESV)

"Do not let this happy trust in the Lord die away, no matter what happens. Remember your reward!" Hebrews 10:35 (TLB)

4.

"But if by continuing to live I can do more worthwhile work, then I am not sure which I should choose. I am pulled in two directions. I want very much to leave this life and be with Christ, which is a far better thing; but for your sake it is much more important that I remain alive. I am sure of this, and so I know that I will stay. I will stay on with you all, to add to your progress and joy in the faith."

Philippians 1:22-25 (GNT)

"For me to live is Christ and to die is gain!" Philippians 1:21

FOR ME TO LIVE IS

How you complete this sentence *will determine your happiness*

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HOW TO TRUST GOD WHEN YOU DON'T LIKE THE CHANGES IN YOUR LIFE

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WHAT TO REMEMBER

1. CHANGE _____

"As long as the earth remains, there will be planting and harvest, cold and heat, summer and winter, day and night." Genesis 8:22 (NLT)

There is no growth without change
There is no change without loss
There is no loss without grief
There is no grief without pain

2. CHANGE IS NOT ALWAYS GOOD, BUT GOD _____

"We know that in all things God works for the good of those who love him, who have been called according to his purpose." Romans 8:28 (NIV)

3. GOD'S PURPOSE IN EVERY CIRCUMSTANCE IS TO _____

"We know that God causes everything to work together for the good of those who love God and are called according to his purpose for them. For God knew his people in advance, and he chose them to become like his Son."

Romans 8:28-29 (NLT)

"Endurance builds character, which gives us a hope." Romans 5:4 (CEV)

4. GOD CAN USE US EVEN _____

"You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives." Genesis 50:20 (NIV)

5. EVERY CHANGE IS _____

The purpose of these troubles is to test your faith as fire tests how genuine gold is. Your faith is more precious than gold, and by passing the test, it gives praise, glory, and honor to God." 1 Peter 1:7 (GW)

WHAT TO DO WHEN I'M STRESSED BY CHANGES

1. INVEST MORE TIME _____

"Have you never heard? Have you never understood? The LORD is the everlasting God, the Creator of all the earth. He never grows weak or weary. . . . He gives power to the weak and strength to the powerless. Even youths will become weak and tired, and young men will fall in exhaustion. But those who trust in the LORD will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint."

Isaiah 40:28-31 (NLT)

2. ASK GOD TO HELP ME _____

"He let Moses know his ways. He let the Israelites know the things he had done."
Psalm 103:7 (GW)

"If any of you needs wisdom to know what you should do, you should ask God, and he will give it to you. God is generous to everyone and doesn't find fault with them." James 1:5 (GW)

3. ASK _____

"I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want." Philippians 4:12 (NIV)

"I have the strength to face all conditions by the power that Christ gives me."
Philippians 4:13 (GNT)

4. FOCUS ON _____

"I have loved you with an everlasting love." Jeremiah 31:3 (NIV)

"The word of our God shall stand forever." Isaiah 40:8 (KJV)

"His plans endure forever; his purposes last eternally." Psalm 33:11 (GNT)

5. KEEP TELLING GOD: _____

"He does not fear bad news, nor live in dread of what may happen. For he is settled in his mind that Jehovah will take care of him." Psalm 112:7 (TLB)

"Even if a whole army surrounds me, I will not be afraid; even if enemies attack me, I will still trust God." Psalm 27:3 (GNT)

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HOW TO KEEP YOUR TANK FILLED INSTEAD OF RUNNING ON EMPTY

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10 REASONS YOU RUN OUT OF GAS

1. NOT STARTING OUT _____
2. BEING _____ TO STOP AND REFUEL
3. IGNORING THE _____ AND
PUSHING MY CAR FARTHER THAN IT WAS CREATED TO GO
4. BEING UNAWARE OF _____ THAT
ARE DRAINING ME
5. BEING _____ THE FASTER I DRIVE,
THE FASTER MY TANK EMPTIES
6. NOT _____
7. BEING _____
8. ASSUMING THE _____
DON'T APPLY TO ME
9. NOT KNOWING WHERE TO FIND A FILLING STATION
10. NOT KNOWING HOW TO REFILL MY TANK

HOW TO KEEP YOUR TANK FILLED

"If you are tired from carrying heavy burdens, come to me and I will give you rest. Take the yoke I give you. Put it on your shoulders and learn from me. I am gentle and humble, and you will find rest. This yoke is easy to bear, and this burden is light." Matthew 11:28-30 (CEV)

1. _____
"The Lord gave us mind and conscience; we cannot hide from ourselves. . . . Sometimes it takes a painful experience to make us change our ways." Proverbs 20:27, 30 (GNT)

SOLOMON: *"The Lord gave us a mind and conscience so we cannot hide from ourselves... But sometimes it takes a painful experience to make us change our ways!" Proverbs 20:27, 30 (GN)*

LOST SON: *"About the time his money ran out, a great famine swept over the land, and he began to starve. He persuaded a local farmer to hire him, and the man sent him into his fields to feed the pigs. The young man became so hungry that even the pods he was feeding the pigs looked good to him. But no one gave him anything. When he finally came to his senses, he said to himself, 'At home even the hired servants have food enough to spare, and here I am dying of hunger!' . . . So he returned home to his father." Luke 15:14-17, 20 (NLT)*

2. _____
Jesus: "If you are tired from carrying heavy burdens, come to me and I will give you rest." Matthew 11:38 (CEV)

"He gives power to the tired and worn out, and strength to the weak." Isaiah 40:29 (TLB)

3. _____
"Take my yoke upon you" Matthew 11:29 (NIV)

THE PURPOSE OF A "YOKE" IS TO _____

"For my yoke is easy and my burden is light." Matthew 11:30 (NIV)

"Wear my yoke—for it fits perfectly." Matthew 11:30 (TLB)

"Pile your troubles on God's shoulders—he'll carry your load, he'll help you out." Psalm 55:22 (MSG)

When you are yoked with Jesus, you move together in the same direction and the same pace!

"Let us keep in step with the Spirit." Galatians 5:25 (NIV)

"Our lives get in step with God . . . by letting him set the pace." Romans 3:28 (MSG)

4. _____
"Learn from me, for I am gentle and humble in heart, and you will find rest for your souls." Matthew 11:29 (NIV)

Gentle & Humble Antidotes to 2 Causes of Stress

- **Aggression:** We don't wait, pause, or consider
- **Arrogance:** We try to control everything

"Since the Lord is directing our steps, why try to understand everything that happens along the way?" Proverbs 20:24 (TLB)

"When I am ready to give up, he knows what I should do." Psalm 142:3 (GNT)

5.

"Find a quiet, secluded place so you won't be tempted to role-play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense his grace." Matthew 6:6 (MSG)

6.

"Let us not give up the habit of meeting together, as some are doing. Instead, let us encourage one another all the more." Hebrews 10:25 (GNT)

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JESUS' SECRETS OF RESILIENCE

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"Since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, the champion who initiates and perfects our faith. Because of the joy awaiting him, he endured the cross, disregarding its shame. Now he is seated in the place of honor beside God's throne. Think of all the hostility he endured from sinful people then you won't become weary and give up." Hebrews 12:1-3 (NLT)

1. _____ (COMPASSION)

"The Father loves me." John 10:17 (NLT)

"As the Father has loved me, so have I loved you. Now remain in my love. If you keep my commands, you will remain in my love." John 15:9-10 (NIV)

See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!" 1 John 3:1 (NIV)

2. _____ (IDENTIFICATION)

"I am . . . the bread of life . . . the light of the world . . . the Son of God . . . the way, the truth and the life."

Mark 14:62, John 6:35, John 8:12, John 10:36, John 14:6

Jesus: "You are the salt of the earth. . . . You are the light of the world."

Matthew 5:13-14 (NIV)

"Don't hide your light!" Matthew 5:16 (TLB)

3. _____ (MOTIVATION)

"I am not trying to do what I want, but only what he who sent me wants."

John 5:30 (GNT)

"I always do the things that are pleasing to Him." John 8:29 (NASB)

"No one can serve two masters." Luke 16:13 (NIV)

"I am not trying to please people. I want to please God. Do you think I am trying to please people? If I were doing that, I would not be a servant of Christ."

Galatians 1:10 (CEV)

4. _____ (VOCATION)

"I know where I came from and where I am going." John 8:14 (NIV)

"A person who has doubts is thinking about two different things at the same time and can't make up his mind about anything." James 1:8 (GW)

"I urge you to live a life worthy of the calling you have received."

Ephesians 4:1 (NIV)

5. _____ (CONCENTRATION)

"As the time drew near for his return to heaven, he moved steadily onward toward Jerusalem with an iron will." Luke 9:51 (TLB)

"Anyone who lets himself be distracted from the work I plan for him is not fit for the Kingdom of God." Luke 9:62 (TLB)

"[We are free to do anything we please], but not all things are helpful (. . . profitable, and wholesome). . . . Not all things are constructive [to character] and edifying [to spiritual life]." 1 Corinthians 10:23 (AMPC)

6. _____ (MEDITATION)

"And He came out and went, as was His habit, to the Mount of Olives; and the disciples also followed Him." Luke 22:39 (NASB)

"Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed." Mark 1:35 (NIV)

"News about Jesus spread even more. Many people came to hear Jesus and to be healed of their sicknesses, but Jesus often slipped away to be alone so he could pray." Luke 5:15-16 (NCV)

"Plant your roots in Christ and let him be the foundation for your life."

Colossians 2:7 (CEV)

7. _____ (COLLABORATION)

"He appointed twelve that they might be with him." Mark 3:14 (NIV)

"Then [Jesus] said to them, 'My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.'" Matthew 26:38 (NIV)

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