PASTOR RICK'S Daily Hope

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)

Next Steps

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