

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

Jesus: "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)

Paul: "We are hard pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair. We are hunted down, but never abandoned by God. We get knocked down, but we are not destroyed." 2 Corinthians 4:8-9 (NLT)

1. HONESTLY _____!

"Cast all your anxiety on him because he cares for you." 1 Peter 5:7 (NIV)

• GOD ALREADY KNOWS _____!

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

• GOD UNDERSTANDS _____!

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

• GOD LOVES _____!

David: "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'll wake up again, because the Lord gives me strength." Psalm 3:5 (NCV)

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

God told Daniel: "Daniel, you are very precious to God, so listen carefully . . . 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 10:11-12 (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 got up and tore his clothes in grief. He shaved his head and threw himself face downward on the ground. 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 1:20-22 (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. Now he holds the honored position—the one next to God the Father on the heavenly throne." Hebrews 12:2 (GW)

"That is why we never give up . . . 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! So we don't look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see will last forever."
2 Corinthians 4:16-18 (NLT)

"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)