

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)

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 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)
"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 (Roman prison), 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."
Philippians 1:15 (NLT)
Companions (who care): "Others preach about Christ with pure motives. They preach because they love me, for they know I have been appointed to defend the Good News." Philippians 1:15-16 (NLT)
Competitors: "Others are insincere. They tell the message about Christ out of selfish ambition." Philippians 1:17 (NLT)
Challengers: "Others . . . stir up trouble for me while I'm in prison." Philippians 1:17

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)

"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 1:28 (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 your happy trust in the Lord die away, no matter what happens. Remember your reward!" Hebrews 10:35 (TLB)
4. _____
"If by continuing to live I can do more worthwhile work for Christ, 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 (AMPC)

FOR ME TO LIVE IS _____

How YOU complete this sentence *will determine your happiness*

Next Step

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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 springtime 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 in advance, and he chose them to become like his Son."

Romans 8:28-29 (NLT)

"Endurance produces character, and character produces hope."

Romans 5:4 (CEB)

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 _____

"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 strength. They will soar high on wings like eagles. They will run and not grow weary. They will not faint."

Isaiah 40:28-31 (NLT)

2. ASK GOD TO HELP ME _____

"He revealed his ways to Moses, his deeds to the people of Israel."

Psalms 103:7 (CSB)

"If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking." James 1:5 (NLT)

3. INSTEAD OF ASKING "WHY IS THIS HAPPENING?"

ASK _____ ?

"I have learned the secret of contentment in every situation . . . I can do everything God asks me to with the help of Christ who gives me the strength and power." Philippians 4:12-13 (TLB)

4. FOCUS ON _____

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

"The word of our God stands forever." Isaiah 40:8 (NLT)

"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 [God] 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. _____
Solomon: "The Lord gave us a 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)

Lost Son: "he wasted everything he had. After he had gone through all his money, there was a bad famine all through that country and he began to feel it. He signed

on with a citizen there who assigned him to his fields to slop the pigs. He was so hungry he would have eaten the corn-cobs in the pig slop, but no one would give him any. That brought him to his senses. He said, 'All those farmhands working for my father sit down to three meals a day, and here I am starving to death. I'm going back to my father.'" Luke 15:14-20 (MSG)

2. _____!
"If you are tired from carrying heavy burdens, come to me and I will give you rest."
Matthew 11:28 (CEV)

"He gives power to the weak and strength to the powerless." Isaiah 40:29 (NLT)

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

THE PURPOSE OF A "YOKE" IS TO _____

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

"Pile your troubles on God's shoulders—he'll carry your load and 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)

"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)
Mark 14:62, John 6:35, John 8:12, John 14:6

"I testify on my own behalf." John 8:18 (GNT)

Jesus: *"You are the salt of the earth . . . You are the light of the world . . . let your light shine."* Matthew 5:13-16 (NIV)

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 what pleases him." John 8:29 (NLT)

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

Paul: *"I'm not trying to win the approval of people, but of God. If pleasing people were my goal, I would not be Christ's servant."* Galatians 1:10 (NLT)

4. _____ ! (VOCATION)
"I know where I came from and where I'm 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)

"All things are lawful . . . but not all things are beneficial or advantageous. All things are lawful, but not all things are constructive [to character] and edifying [to spiritual life]." 1 Corinthians 10:23 (AMP)

6. _____ (MEDITATION)
"Jesus went out as usual to the Mount of Olives, and his disciples followed him."
Luke 22:39 (NIV)

"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 . . . 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)

"He 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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