

## God Has A Better Plan

(2 Timothy 1:7) For God has not given us a spirit of fear, but of power and of love and of a sound mind.

(Philippians 4:6-7) Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.

(1 Peter 5:7) Give all your worries and cares to God, for he cares about you.

(Mark 4:18-19) And others are the ones on whom seed was sown among the thorns; these are the ones who have heard the word, 19 but the worries of the world, and the deceitfulness of riches, and the desires for other things enter in and choke the word, and it becomes unfruitful.

(Matthew 11:28-30) Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. 29 Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. 30 For my yoke is easy to bear, and the burden I give you is light."

### Root Causes of Stress!

1. Lack of \_\_\_\_\_!
2. Lack of \_\_\_\_\_!
3. Lack of \_\_\_\_\_!
4. Lack of \_\_\_\_\_ Support!
5. Lack of \_\_\_\_\_ in God!

(Lam. 3:21-26) Yet this I call to mind and therefore I have hope: 22 Because of the Lord's great love we are not consumed, for his compassions never fail. 23 They are new every morning; great is your faithfulness. 24 I say to myself, 'The LORD is my portion; therefore I will wait for him.' 25 The LORD is good to those whose hope is in him, to the one who seeks him; 26 it is good to wait quietly for the salvation of the LORD.

## 6 Ways to Overcome Spiritual Stress!

1. Commit your life \_\_\_\_\_ to him!

(Romans 10:9-10) If you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. 10 For it is by believing in your heart that you are made right with God, and it is by confessing with your mouth that you are saved.

2. Hold on to God's \_\_\_\_\_!

(2 Corinthians 1:20) For all of the promises of God in Him are Yes, and in Him Amen, to the glory of God through us.

3. Realize God is not \_\_\_\_\_ at you!

(2 Corinthians 5:18-19) Now all things are of God, who has reconciled us to Himself through Jesus Christ, and has given us the ministry of reconciliation, 19 that is, that God was in Christ reconciling the world to Himself, not imputing their trespasses to them, and has committed to us the word of reconciliation.

4. Identify with "\_\_\_\_\_ " you are "\_\_\_\_\_ " Christ!

(2 Corinthians 5:17 & 21) Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new. 21 For He made Him who knew no sin to be sin for us, that we might become the righteousness of God in Him.

5. Speak to your \_\_\_\_\_!

(Mark 11: 23-24) For assuredly, I say to you, whoever says to this mountain, 'Be removed and be cast into the sea,' and does not doubt in his heart, but believes that those things he says will be done, he will have whatever he says. 24 Therefore I say to you, whatever things you ask when you pray, believe that you receive them, and you will have them.

6. Trust God with All Your \_\_\_\_\_!

(Proverbs 3:5-6) Trust in the LORD with all your heart and lean not on your own understanding; 6 in all your ways acknowledge him, and he will make your paths straight.