

HOW TO STAY SANE

IN A CRAZY WORLD

5 PRACTICES FOR
SPIRITUAL AND
EMOTIONAL HEALTH

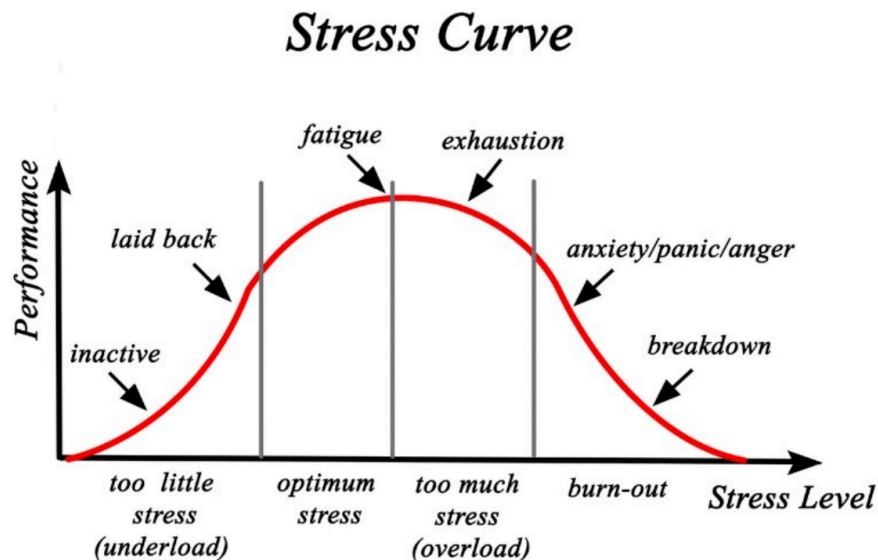
#2 "Practice Release" - Part 1

2 Timothy 3:1 (NIV) But mark this: There will be terrible times in the last days.

1 Thessalonians 5:1-6 (NIV) Now, brothers and sisters, about times and dates we do not need to write to you, for you know very well that the day of the Lord will come like a thief in the night. While people are saying, "Peace and safety," destruction will come on them suddenly, as labor pains on a pregnant woman, and they will not escape. But you, brothers and sisters, are not in darkness so that this day should surprise you like a thief. You are all children of the light and children of the day. We do not belong to the night or to the darkness. So then, let us not be like others, who are asleep, but let us be awake and sober.

1. Understand the _____ between _____ and _____ stress.

James 1:2-4 (MSG) Consider it a sheer gift, friends, when tests and challenges come at you from all sides. You know that under pressure, your faith-life is forced into the open and shows its true colors. So don't try to get out of anything prematurely. Let it do its work so you become mature and well-developed, not deficient in any way.



How do we embrace the good stress?

- Value new experiences, be growth-focused.
- Welcome the discomfort that comes with growth.
- Upgrade your self-talk.
- Use your faith in God.
- Stay with the process.

2. Understand the _____ and _____ of distress.

Examples of biblical characters who experienced distress:

- Job.

Job 3:26 (NIV) I have no peace, no quietness; I have no rest, but only turmoil.

- David.

Psalms 55:4-5 (NIV) My heart is in anguish within me; the terrors of death have fallen on me. Fear and trembling have beset me; horror has overwhelmed me.

- Elijah.

1 Kings 19:3-4 (NIV) Elijah was afraid and ran for his life. When he came to Beersheba in Judah, he left his servant there, while he himself went a day's journey into the wilderness. He came to a broom bush, sat down under it and prayed that he might die. "I have had enough, LORD," he said. "Take my life; I am no better than my ancestors."

- Paul.

2 Corinthians 1:8-9 (NIV) We do not want you to be uninformed, brothers and sisters, about the troubles we experienced in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired of life itself. Indeed, we felt we had received the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead.