

# HOW TO STAY SANE

IN A CRAZY WORLD

5 PRACTICES FOR  
SPIRITUAL AND  
EMOTIONAL HEALTH

## #1 "Practice Reverence"

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

Acts 1:11 (NIV) "Men of Galilee," they said, "why do you stand here looking into the sky? This same Jesus, who has been taken from you into heaven, will come back in the same way you have seen him go into heaven."

2 Peter 3:3-4 (NIV) Above all, you must understand that in the last days scoffers will come, scoffing and following their own evil desires. They will say, "Where is this 'coming' he promised? Ever since our ancestors died, everything goes on as it has since the beginning of creation."

2 Peter 3:8-9 (TLB) But don't forget this, dear friends, that a day or a thousand years from now is like tomorrow to the Lord. He isn't really being slow about his promised return, even though it sometimes seems that way. But he is waiting, for the good reason that he is not willing that any should perish, and he is giving more time for sinners to repent.

James 5:7-8 (NIV) Be patient, then, brothers and sisters, until the Lord's coming. See how the farmer waits for the land to yield its valuable crop, patiently waiting for the autumn and spring rains. You too, be patient and stand firm, because the Lord's coming is near.

### 1. Reverence for \_\_\_\_\_.

Exodus 20:3 (NIV) You shall have no other gods before me.

Mark 12:30 (NIV) Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.

Proverbs 9:10 (AMP) The [reverent] fear of the Lord [that is, worshiping Him and regarding Him as truly awesome] is the beginning and the preeminent part of wisdom [its starting point and its essence], And the knowledge of the Holy One is understanding and spiritual insight.

Proverbs 14:26 (AMP) In the [reverent] fear of the Lord there is strong confidence, And His children will [always] have a place of refuge.

Hebrews 12:28 (NIV) Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe.

1 Samuel 30:6 (NIV) David was greatly distressed because the men were talking of stoning him; each one was bitter in spirit because of his sons and daughters. But David found strength in the LORD his God.

## 2. Reverence for \_\_\_\_\_.

1 John 5:3 (NIV) In fact, this is love for God: to keep his commands. And his commands are not burdensome.

Psalm 111:10 (TLB) How can men be wise? The only way to begin is by reverence for God. For growth in wisdom comes from obeying his laws. Praise his name forever.

Deuteronomy 28:1-2 (NIV) If you fully obey the LORD your God and carefully follow all his commands I give you today, the LORD your God will set you high above all the nations on earth. All these blessings will come on you and accompany you if you obey the LORD your God.

John 13:17 (NIV) Now that you know these things, you will be blessed if you do them.

John 14:15 (NLT) If you love me, obey my commandments.

## 3. Reverence for God-designed \_\_\_\_\_.

Genesis 8:22 (NLT) As long as the earth remains, there will be planting and harvest, cold and heat, summer and winter, day and night.

Ecclesiastes 3:1 (NLT) For everything there is a season, a time for every activity under heaven.

There are 5 elements of a healthy life rhythm:

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● \_\_\_\_\_.

Genesis 2:15 (NIV) The LORD God took the man and put him in the Garden of Eden to work it and take care of it.

Ecclesiastes 5:19 (NLT) And it is a good thing to receive wealth from God and the good health to enjoy it. To enjoy your work and accept your lot in life—this is indeed a gift from God.

Exodus 20:9 (NLT) You have six days each week for your ordinary work.

Colossians 3:23-24 (NLT) Work willingly at whatever you do, as though you were working for the Lord rather than for people. Remember that the Lord will give you an inheritance as your reward, and that the Master you are serving is Christ.

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Genesis 2:2-3 (NIV) By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

Leviticus 25:4 (NIV) But in the seventh year the land is to have a year of sabbath rest, a sabbath to the LORD. Do not sow your fields or prune your vineyards.

Mark 6:31 (NIV) Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest."

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1 Kings 19:3-4 (NLT) Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. "I have had enough, LORD," he said. "Take my life, for I am no better than my ancestors who have already died."

1 Kings 19:5-7 (NLT) Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, "Get up and eat!" He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again. Then the angel of the LORD came again and touched him and said, "Get up and eat some more, or the journey ahead will be too much for you."