



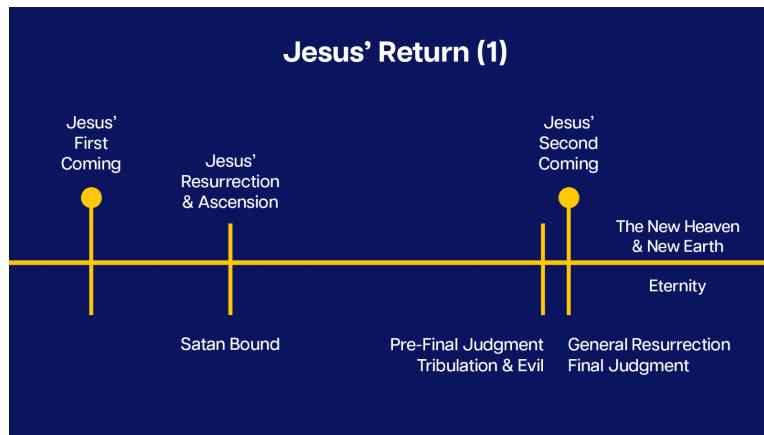
#3 "Practice Release" - Part 2

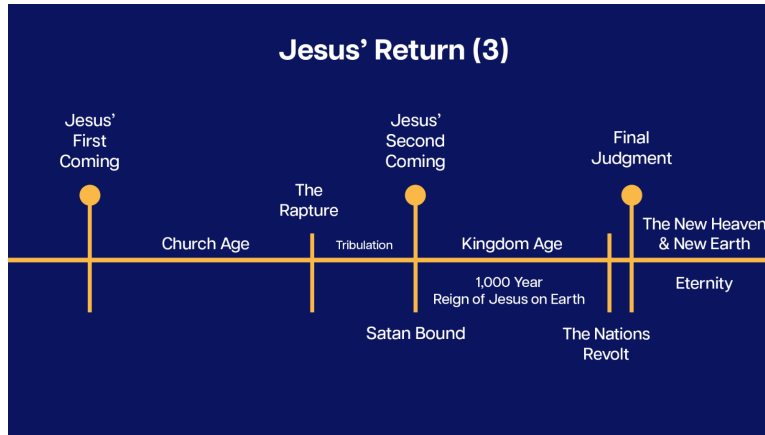
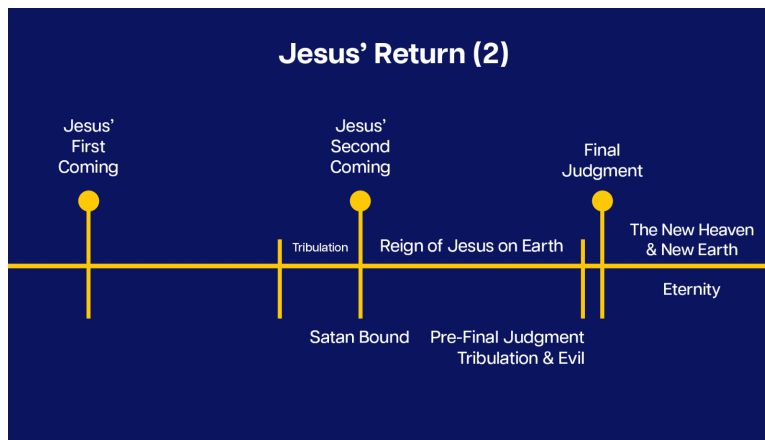
2 Timothy 3:1 (NIV) But mark this: There will be terrible times in the last days.

2 Thessalonians 1:5-10 (NIV) All this is evidence that God's judgment is right, and as a result you will be counted worthy of the kingdom of God, for which you are suffering. God is just: He will pay back trouble to those who trouble you and give relief to you who are troubled, and to us as well. This will happen when the Lord Jesus is revealed from heaven in blazing fire with his powerful angels. He will punish those who do not know God and do not obey the gospel of our Lord Jesus. They will be punished with everlasting destruction and shut out from the presence of the Lord and from the glory of his might on the day he comes to be glorified in his holy people and to be marveled at among all those who have believed. This includes you, because you believed our testimony to you.

1 Thessalonians 4:13-18 (NIV) Brothers and sisters, we do not want you to be uninformed about those who sleep in death, so that you do not grieve like the rest of mankind, who have no hope. For we believe that Jesus died and rose again, and so we believe that God will bring with Jesus those who have fallen asleep in him. According to the Lord's word, we tell you that we who are still alive, who are left until the coming of the Lord, will certainly not precede those who have fallen asleep. For the Lord himself will come down from heaven, with a loud command, with the voice of the archangel and with the trumpet call of God, and the dead in Christ will rise first. After that, we who are still alive and are left will be caught up together with them in the clouds to meet the Lord in the air. And so we will be with the Lord forever. Therefore encourage one another with these words.

Christian Views on Jesus' Second Coming:





1. Understand the _____ and _____ of distress.

What contributes to distress in our lives?

- A negative, restricting mindset.
- Unresolved trauma.
- Perceived significant threats. (physical, emotional, etc.)
- Looming personal concerns, care, worries.
- Loss of control, or the inability to control.
- Unresolved loss.
- Over-exposure to negativity.
- Haunting guilt and shame over personal disappointments or failures.
- Deeply disappointed hopes and expectations.
- Persistent uncertainty.
- Absence of a meaningful personal faith.

2. Practice the process of _____.

Practices that help us deal with distress:

- Understand the _____ of extended distress.

Mark 4:18-19 (NIV) Still others, like seed sown among thorns, hear the word; but the worries of this life, the deceitfulness of wealth and the desires for other things come in and choke the word, making it unfruitful.

- _____ and _____ your distress.

Psalms 31:9 (NIV) Be merciful to me, LORD, for I am in distress; my eyes grow weak with sorrow, my soul and body with grief.

- _____.

Psalms 77:2 (NIV) When I was in distress, I sought the Lord; at night I stretched out untiring hands, and I would not be comforted.

Philippians 4:6-7 (TLB) Don't worry about anything; instead, pray about everything; tell God your needs, and don't forget to thank him for his answers. If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your hearts quiet and at rest as you trust in Christ Jesus.

- _____ God your concerns.

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

Exodus 14:14 (NIV) The LORD will fight for you; you need only to be still.

- _____ God.

Psalms 56:3 (NIV) When I am afraid, I put my trust in you.

- Focus on God's good _____.

Psalms 119:50 (NIV) My comfort in my suffering is this: Your promise preserves my life.

- Engage your _____.

Psalms 34:1 (NIV) I will extol the LORD at all times; his praise will always be on my lips.

- Stay _____.

John 5:8 (NIV) Then Jesus said to him, "Get up! Pick up your mat and walk."

• (9) _____ to take back what you've given to God.

3. Be a _____ - _____, not a distress producer.

Proverbs 11:25 (NIV) A generous person will prosper; whoever refreshes others will be refreshed.

Philemon 1:7 (NIV) Your love has given me great joy and encouragement, because you, brother, have refreshed the hearts of the Lord's people.

Galatians 6:2 (NIV) Carry each other's burdens, and in this way you will fulfill the law of Christ.

Romans 14:19 (NIV) Let us therefore make every effort to do what leads to peace and to mutual edification.