

Word on Wednesday Bible Study
Finding Strength to Keep Going When I'm Emotionally Worn Out
Strategies for Stressful Times Part 1
Pastor Kenneth Reece

2 Examples of Determination to Keep Going

JESUS - Luke 13:32-33

PAUL - 2 Corinthians 4:8-9 (NLT)

1. HONESTLY _____

"Humble yourselves, therefore, under the mighty hand of God so that at the proper time he may exalt you, casting all your anxieties on him, because he cares for you." 1 Peter 5:7

- GOD ALREADY KNOWS _____

"The Lord gave each of us our minds, so nothing we think or do can be hidden from him." Psalm 33:15 (CEV)

- GOD UNDERSTANDS _____

"...The Lord knows what's in everyone's mind AND he understands everything you think." 1 Chronicles 28:9 (NCV)

- GOD LOVES _____

David: "I love the Lord, because he listens to my prayers. He listens to me every time I call to him." Psalm 116:1-2 (TEV)

"Morning, noon, and night I complain of my distress, and still the Lord hears my voice." Psalm 55:17 (NLT)

"The Lord is like a father to his children, tender and compassionate..." Psalm 103:13

*"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 lay down and slept; I woke again, for the LORD sustained me.” Psalm 3:5

“On the day I called, you answered me; my strength of soul you increased. 138:3.”

God told Daniel: “O Daniel, greatly loved of God, listen carefully... Since the first day you began to pray and 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 1:20-22 (TEV)

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

“So I have looked upon you in the sanctuary, beholding your power and glory.”
Psalm 63:2

4. CONSTANTLY _____

“...looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.” Hebrews 12:2

2 Corinthians 4:16-18 (NLT/NIV)

Colossians 1:11