

Breaking Point

Series: The Way Of Life

"I think you ought to know about the trouble we went through... We were crushed and completely overwhelmed, and we thought we would never live through it." 2 Corinthians 1:8 (NLT)

When You're At Your Breaking Point

1. _____ Your Frustrations

"Pour out your heart to God, for He is our refuge." Psalm 62:8 (NIV)

"In my distress, I said, 'God cannot see me!' But You heard my prayer when I cried out to You for help." Psalm 31:22 (NCV)

2. _____ Becoming Bitter

"Watch out that no bitterness takes root among you... It causes deep trouble, hurting many in their spiritual lives." Hebrews 12:15b (LB)

"No matter what happens, always be thankful, for this is God's will for you." 1 Thessalonians 5:18 (LB)

3. _____ Help From Others

"By helping each other with your troubles, you obey the law of Christ." Galatians 6:2 (NCV)

"Encourage each other and give each other strength." 1 Thessalonians 5:11 (NCV)

4. _____ On Christ

"When I had lost all hope, I turned my thoughts once more to the Lord." Jonah 2:7 (NLT)

3 Ways To Do This

➤ _____ God's Word

"As pressure and stress bear down on me, I find joy in Your commands." Psalm 119:143 (NLT)

➤ _____ God's Goodness

"I would have despaired unless I had believed that I would see the goodness of the Lord... Be strong, and let your heart take courage; wait for the Lord." Psalm 27:13-14 (NASB)

➤ _____ God's Power

"We saw how powerless we were to help ourselves; but that was good for then we put everything into the hands of God, who alone could save us, for He can even raise the dead." 2 Corinthians 1:9 (LB)

Jesus said, "Come to Me, all who are weary and burdened, and I will give you rest." Matthew 11:28 (NIV)