

Dealing With Stressful Situations

Series: The Way Of Life

“You should keep a clear mind in every situation.”

2 Timothy 4:5 (NLT)

What The Bible Says To Do...

In Compromising Situations:

1. _____

“People with integrity have a firm footing, but those who follow crooked paths will slip and fall.”

Proverbs 10:9 (NLT)

2. _____

“Don’t envy evil men but continue to reverence the Lord all the time, for surely you have a wonderful future ahead of you.” Proverbs 23:17-18 (LB)

“I leave it all in the Lord’s hand; I will trust God for my reward.” Isaiah 49:4 (NLT)

In Conflicting Situations:

1. _____

“Don’t be selfish... Be humble... Don’t think only about your own affairs, be interested in others, too, and in what they are doing. Your attitude should be the same that Christ Jesus had. Though He was God, He did not demand and cling to His rights.” Philippians 2:3-6 (NLT)

2. _____

“You will have to live with the consequences of everything you say.” Proverbs 18:20 (GN)

“Don’t use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement... Get rid of all bitterness, rage, anger, harsh words, and slander... Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.” Ephesians 4:29-32 (NLT)

In Competing Situations:

1. _____

“Let everyone be sure to do his very best, for then he will have the personal satisfaction of work done well, and won’t need to compare himself with someone else.” Galatians 6:4 (LB)

2. _____

“But God showed His great love for us by sending Christ to die for us while we were still sinners.” Romans 5:8 (NLT)

Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.” Matthew 11:28-29 (NLT)