



STRESSED

God's got you covered 😊

JAMES 1:2-4

2 – Count it all joy, my brothers, when you meet trials of various kinds

3 – for you know that the testing your faith produces steadfastness.

4 – And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing

Any stressful events that you guys come across as a good thing.

Because you know that all the stressful thing is a case of testing your faith.

But that faith produces steadfastness:

- Resolutely firm and unwavering (loyal, committed, faithful)

Let your faithfulness have its full effect and let it show that you may be perfect and complete, lacking in nothing.

JOHN 14:27

27 – Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let's not your hearts be troubled, neither let them be afraid

Take the peace that God has given and show that your hearts shouldn't be troubled or afraid of stress.

PROVERBS 16:3

3 – Commit your work to the Lord, and your plans will be established.

Let the world know that your work, accomplishments, goals, etc. will be committed and thanked to the Lord and those will be established items to work on.

1 CORINTHIANS 3:11

11 – For no one can lay a foundation other than that which is laid, which is Jesus Christ.

No one can set a foundation about how their life will go, other than what Jesus Christ has already planned for you



LUKE 21:19

19 – By your endurance you will gain your lives.

By the strength and passion that you put behind the work you do, you will gain fulfillment in your life, before and after.



PSALM 94:19

19 – When the cares of my heart are many, your consolations cheer my soul.

When God cares for a lot and puts his heart behind what it cares for, the work we do here for God, makes him happy.

MATTHEW 11:28

28 – Come to me, all who labor and are heavy laden, and I will give you rest.

God says here to come to him with the all the stress, sadness, and anger you are bearing on your shoulders and he will take them away from you and let you rest.

PHILIPPIANS 4:6

6 – Don't be anxious about anything, but in everything by prayer and supplication and thanksgiving let your requests be made known to God

Don't let anxiety get you down

Let those anxious thoughts be made know by prayer, supplication, and thanksgiving to God.

ROMANS 8:28

28 – And we know that for those who love God all things work together for good, for those who are called according to his purpose

Everything God loves and those who love God will work together for the good

Those who will are called according to his purpose.



PSALM 119:143

143 – Trouble and anguish have found me out, but your commandments are my delight.

You may be in a spot that has you have trouble and anguish, but remember God's 10 commandments and He will be delighted.