

John 16:33 (CEB) In the world you have distress. But be encouraged! I have conquered the world.

Philippians 4:13 (NLT) I can do everything through Christ, who gives me strength.

My limitations do not _____ the load I can carry.

2 Corinthians 12:9 (NKJV) My grace is sufficient for you, for My strength is made perfect in weakness.”

2 Samuel 22:33 (NKJV) ³³God is my strength and power, And He makes my way perfect.

The Stress Solution

Psalms 23:1 (NKJV) ¹The LORD is my shepherd; I shall not want.

1. _____ to God to meet all my _____.

Phil 4:19 (NIV) ¹⁹And my God will meet all your needs according to the riches of his glory in Christ Jesus.

Matthew 7:7 (NLT) ⁷“Keep on asking, and you will receive what you ask for.

Psalms 23:2-3 (NKJV) ²He makes me to lie down in green pastures; He leads me beside the still waters.³He restores my soul...

2. _____ God's instruction about _____.

Psalms 127:1-2 (NLT) ¹Unless the LORD builds a house, the work of the builders is wasted. Unless the LORD protects a city, guarding it with sentries will do no good. ²It is useless for you to work so hard from early morning until late at night, anxiously working for food to eat; for God gives rest to his loved ones.

Exodus 34:21 (NIV) ²¹“Six days you shall labor, but on the seventh day you shall rest; even during the plowing season and harvest you must rest.

√ _____ my body

√ _____ my spirit

√ _____ my emotions

Psalms 23:3 (NKJV) He leads me in the paths of righteousness For His name's sake.

3. _____ to God for _____.

Psalms 37:23-24 (NLT) ²³The LORD directs the steps of the godly. He delights in every detail of their lives. ²⁴Though they stumble, they will never fall, for the LORD holds them by the hand.

Proverbs 3:5-6 (NLT) ⁵Trust in the LORD with all your heart; do not depend on your own understanding. ⁶Seek his will in all you do, and he will show you which path to take.

Psalms 23:4 (NKJV) ⁴Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me.

4. _____ God in the dark _____.

Psalms 34:18-19 (NIV) ¹⁸The LORD is close to the brokenhearted and saves those who are crushed in spirit. ¹⁹The righteous person may have many troubles, but the LORD delivers him from them all.

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

Psalms 23:5 (NKJV) ⁵You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over.

5. _____ God be my _____ and anointer.

2 Thessalonians 3:3 (NIV) ³But the Lord is faithful, and he will strengthen you and protect you from the evil one.

_____ well and _____.

Nehemiah 8:10 (NIV) Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is holy to our Lord. Do not grieve, for the joy of the LORD is your strength.”

6. _____ God to _____ what He _____ in me.

Psalms 23:6 (NKJV) ⁶Surely goodness and mercy shall follow me All the days of my life; And I will dwell in the house of the LORD Forever.

Philippians 1:6 (NKJV) ⁶being confident of this very thing, that He who has begun a good work in you will complete it until the day of Jesus Christ.