

October 4, 2020

Life Is Complicated. (Week 4)
We Can Help.

Jesus: *"I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid."* John 14:27

Keys to Managing Your Stress:

1. Accept God's _____.

Since we have been justified through faith, we have peace with God through our Lord Jesus Christ. Romans 5:1 NIV

Therefore, there is now no condemnation for those who are in Christ Jesus. Romans 8:1 NIV

2. Recognize God's _____.

You (God) will keep in perfect peace those whose minds are steadfast, because they trust in you. Isaiah 26:3 NIV

God is our refuge and strength, an ever-present help in trouble. Be still, and know that I am God.
Psalm 46:1,10 NIV

3. Obey God's _____.

Those who love your law have great peace of heart and mind and do not stumble... I will keep on obeying your instructions. Psalm 119:165-166

4. Trust God's _____.

Trust in the Lord with all your heart and do not lean on your own understanding. In all your ways acknowledge Him, and he will direct your paths. Proverbs 3:5-6 NASB

5. Connect with God _____.

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7

Want to connect with God through the Scriptures and dig deeper into this week's message? Check out *The Daily* at newpointe.org/daily.