

September 13th, 2015
Part 2 of 6



Handling Stress and Difficulties

Our ability to overcome stress and difficulties DEPENDS on our ability to slow down and re-focus!

“We are merely moving shadows, and all our busy rushing ends in nothing” Psalms 39:6 (NLT)

We tend to look at the problem INSTEAD of focusing on the solution!
Elisha and the Armaeans (2 Kings 6:8-23)

How we react to a situation LITERALLY has the power to change the situation itself.

The most EFFECTIVE way to handle stress and difficulties is to be part of a Christ – centered community.

I must realize that I can't do it all, and I CERTAINLY can't do it by myself.



To-Go-Box



The distance between the truth I KNOW and the truth I LIVE equal the difficulties I'm currently experiencing.

