

Thriving Through Stress

Pastor Mark Seager

2 Corinthians 4:7-18

11/25/18

Stress is the _____ of life _____ in on you.

Some causes of stress:

Our response to stress reveals _____ we _____.

We are _____ and _____ beings

We need proper d_____, s_____, and e_____.

Thriving through stress (2 Corinthians 4:7-18)

We have _____ (v.7)

Be _____ (vv. 8-9)

For stress, there's _____ (vv. 10-15)

Look _____ and _____ (vv. 16-18)

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Beyond Sunday...

¹ God is our refuge and strength,
a very present help in trouble.

² Therefore we will not fear though the earth gives way,
though the mountains be moved into the heart of the sea,
³ though its waters roar and foam,
though the mountains tremble at its swelling.

Selah

⁴ There is a river whose streams make glad the city of God,
the holy habitation of the Most High.

⁵ God is in the midst of her; she shall not be moved;
God will help her when morning dawns.

⁶ The nations rage, the kingdoms totter;
he utters his voice, the earth melts.

⁷ The Lord of hosts is with us;
the God of Jacob is our fortress.

Selah

⁸ Come, behold the works of the Lord,
how he has brought desolations on the earth.

⁹ He makes wars cease to the end of the earth;
he breaks the bow and shatters the spear;
he burns the chariots with fire.

¹⁰ "Be still, and know that I am God.

I will be exalted among the nations,
I will be exalted in the earth!"

¹¹ The Lord of hosts is with us;
the God of Jacob is our fortress. ~ Psalm 46 {ESV}

When you see "Selah",
pause to reflect on what
you just read.

What does this Psalm tell us about God?

How will knowing God help you thrive through stress?