



STRESSED OUT

Intro:

Some seasons in life are filled with unwanted changes: These changes can make us feel like we're treading water and can't get on with our lives. The good news is, God's Word gives us some practical advice for how to navigate the many changes (good and bad) that come our way.

Today I want us to look at some things for us to do when you are overwhelmed by change.

Invest more time alone with God.

Isaiah 40:28-31 P-1121

Ask God to help you see his perspective.

James 1:2-21 P-1880

Ask God, "What do you want me to learn?"

Romans 5:1-11 P-1752

Focus on what never changes.

Psalms 33:8-22 P-870

Keep telling God: "I trust you no matter what."

Psalms 27:1-7 P-864