



JUST LIKE A TYRE GRIPS THE ROAD
WE NEED TO GET A GRIP ON LIFE

GETTING A
GRIP
ON ~~THINGS~~
stress



GETTING A
GRIP
ON ~~THINGS~~
stress



*“Keep your head in **every**
situation.”*

stress





GETTING A
GRIP
ON **stress**

TEXT: 2 Timothy 4:5 (nlt)

But you should keep a clear mind in every situation. Don't be afraid of suffering for the Lord. Work at telling others the Good News, and fully carry out the ministry God has given you.



GETTING A GRIP ON
stress

How can we lower our stress?

The Bible says that when we're in the **compromising situations** of life there are two things that will reduce our stress.

1: Do the right thing

2: Trust in God for our future



GETTING A
GRIP
ON **stress**

How can we lower our stress?

The Bible says that when we're in **conflicting situations** of life there are two things that will reduce our stress.

1: Change our focus when we are in conflict

2: Watch our words



GETTING A
GRIP
ON **stress**

How can we lower our stress?

The Bible says that when we're in a **competing situation** there are two things that will reduce our stress.

1: Stop Comparing

2: Remember God's unconditional love



GETTING A
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GETTING A GRIP ON
stress




GETTING A
GRIP
ON *stress*

There's no doubt that there are people here who are on the verge of burnout. You're stressed out by one of these three things we talked about or some other thing in your life.

There's no reason for you to carry that stress.

The Bible says, "Cast all your cares upon Him for He cares for you."

He will care for you if you will trust Him.



To be a part of a close knit small group of people who love you and who will support is vital to help you journey out of your stressful life.

We all need to get into a small group with other Christians who can support us and show God's love to us. **Are you in a small group?**

We need people who care for us to help us through the stresses of life. Who are the friends that are close enough to you that you can really be gut honest with? Who are you helping?

GETTING A
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