

TRIALS AND STRESS

GETTING THINGS INTO PERSPECTIVE

Clarifying Your Thoughts by Sorting it All Out



WHAT'S IN MY CONTROL?
WHAT'S MY RESPONSIBILITY?

WHAT'S OUT OF MY CONTROL?
WHAT'S GOD'S RESPONSIBILITY?

What can I do about_____?

*What does God's word tell me to do?
How must I obey God in this situation?*

*What do I have to do that I've put off till later?
Why have I procrastinated?
What 'loose ends' do I need to take care of?*

*What must I trust God about?
What must I entrust to God's sovereign control?
(Plan/Purposes)*

*What can I change?
What must I accept as 'limitations'?
In what circumstances must I learn contentment?
What/who must I leave in God's hands?*

Let God handle_____
-In His way
-In His will
-According to His sovereign plan and purposes
-In His timing
(Only after I've done and continued doing my part)
I rest in and wait on the Lord.