

Live Light
Stress Out
October 2, 2022

Luke 21:34 NIV

- Theme: The ANXIETIES of life have clearly become heavier, and they WEIGH upon us. Thankfully, God provides a WAY OUT!
- Theologian Mike Tyson “Everyone has a plan until they get PUNCHED IN THE MOUTH”.
- Ways life hits us
 - Hurt - Loss - Abuse - Frustration - Trauma - Powerlessness - Grief
 - Regret - Shame - Fear - Matthew 7:13
- Four steps to destruction:
 1. We become OVERBURDENED
 2. We start to SELF-MEDICATE
 3. We attempt to NORMALIZE
 4. We feel STUCK
- Three steps to lighter living - Hebrews 12:1-2
 - ✓ Believe it’s okay NOT TO BE OKAY - 2 Corinthians 12:9
 - ✓ Get completely HONEST - Psalm 139:23-24 NLT
 1. With ourselves
 2. With OTHERS - Galatians 6:2
 - ✓ Place dependency ON GOD - Galatians 2:20 NLT