

**WHEN I'M READY TO EXPLODE**  
**PASSING THE STRESS TEST – Part 1 of 4**

*I think you ought to know about the trouble we went through...We were crushed and completely overwhelmed, and we thought we would never live through it.*  
2 Cor. 1:8 (NLT)

**WHEN YOU'RE ABOUT TO EXPLODE...**

1. \_\_\_\_\_ YOUR FRUSTRATION

*Pour out your heart to God, for He is our refuge.*  
Psa. 62:8

*In my distress, I said, 'God cannot see me!' But You heard my prayer when I cried out to You for help.*  
Psa. 31:22 (NCV)

2. \_\_\_\_\_ BECOMING BITTER

*Watch out that no bitterness takes root among you... It causes deep trouble, hurting many in their spiritual lives.*  
Heb. 12:15b (LB)

*No matter what happens, always be thankful, for this is God's will for you.*  
1 Thes. 5:18 (LB)

3. \_\_\_\_\_ HELP FROM OTHERS

*By helping each other with your troubles, you obey the law of Christ.*  
Gal. 6:2 (NCV)

*Encourage each other and give each other strength.*  
1 Thes. 5:11 (NCV)

4. \_\_\_\_\_ ON CHRIST

*When I had lost all hope, I turned my thoughts once more to the Lord.*  
Jonah 2:7 (NLT)

**3 THINGS TO FOCUS ON**

➤ \_\_\_\_\_ God's Word

*As pressure and stress bear down on me, I find joy in Your commands.*  
Psa. 119:143 (NLT)

➤ \_\_\_\_\_ God's goodness

*I would have despaired unless I had believed that I would see the goodness of the Lord ... Be strong, and let your heart take courage; wait for the Lord.*  
Psa. 27:13-14 (NAS)

➤ \_\_\_\_\_ God's power

*We saw how powerless we were to help ourselves; but that was good for then we put everything into the hands of God, who alone could save us, for He can even raise the dead.*  
2 Cor. 1:9 (LB)

5. \_\_\_\_\_ TO GIVE UP!

*Since God has so generously let us in on what He is doing, we're not about to throw up our hands and walk off the job just because we run into occasional hard times.*  
2 Cor. 4:1

*We've been surrounded and battered by troubles, but we're not demoralized; we're not sure what to do but we know that God knows what to do.*  
2 Cor. 4:8-9 (Mes)

*So we're not giving up. How could we? Even though on the outside it often looks like things are falling apart on us, on the inside, where God is making new life, not a day goes by without His unfolding grace. These hard times are small potatoes compared to the coming good times, the lavish celebration prepared for us.*  
2 Cor. 4:16-18 (Mes)

*Are you tired? Worn out? Burned out on religion? Come to Me. Get away with Me and you'll recover your life. I'll show you how to take a real rest. Walk with Me and work with Me – watch how I do it. Learn the unforced rhythms of grace.*  
Matt. 11:28-29 (Mes)