

Designed Healthy Living

Turning Stress into a Treasure

Let's look as some of these treasures in God's Word together. Mark the ones that you can relate to today. Then, circle the promises from God to help you in your situation. This is your opportunity to turn stress into a treasure and give God the glory. Stress does not have to defeat us.

1 Peter 5:7 Cast all your anxiety on him because He cares for you.

Philippians 4:6-7 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Psalms 29:11 The LORD gives strength to his people; the LORD blesses his people with peace.

Psalms 55:22 Cast your cares on the LORD and he will sustain you; he will never let the righteous fall.

Jeremiah 17:7-8 "But blessed is the man who trusts in the LORD, whose confidence is in him. He will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit."
Where is the rest of this verse?

Isaiah 26:3 You will keep in perfect peace him whose mind is steadfast, because he trusts in you.

Matthew 11:28-30 "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for

your souls. For my yoke is easy and my burden is light."

John 14:27 Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

Proverbs 3:24 When you lie down, you will not be afraid; when you lie down, your sleep will be sweet.

Philippians 1:2 Grace to you and peace from our Father and the Lord Jesus Christ.

Philippians 4:11 Not that I speak from want; for I have learned to be content in whatever circumstances I am.

James 1:2 Consider it all joy, my brethren, when you encounter various trials.

1 Peter 1:6 In this you greatly rejoice, even though now for a little while if necessary, you have been distressed by various trials.

John 16:33 These things I have spoken to you, that in Me you may have peace. In the world you have tribulation, but take courage; "I have overcome the world."

Acts 14:22 Strengthening the souls of the disciples, encouraging them to continue in the faith, and saying "Through many tribulations we must enter the kingdom of God."

Romans 5:3 And not only this, but we also exult in our tribulations, knowing that tribulation brings about perseverance;

Romans 8:35 Who shall separate us from the love of Christ? Shall tribulation, or distress,

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or persecution, or famine, or nakedness, or peril, or sword?

Psalm 86:7 In the day of my trouble I shall call upon Thee, For Thou wilt answer me.

Job 5:7 For man is born for trouble, As sparks fly upward.

1 Thessalonians 2:9 For you recall, brethren, our labor and hardship, how working night and day so as not to be a burden to any of you, we proclaimed to you the gospel of God.

2 Corinthians 8:2 that in a great ordeal of affliction their abundance of joy and their deep poverty overflowed in the wealth of their liberality.

1 Peter 4:12 Beloved do not be surprised at the fiery ordeal among you which comes upon you for your testing, as though some strange thing were happening to you.

2 Corinthians 3:5 Not that we are adequate in ourselves to consider anything as coming from ourselves, but our adequacy is from God.

2 Corinthians 12:9 "My grace is sufficient for you, for power is perfected in weakness."

Romans 12:12 rejoicing in hope, persevering in tribulation, devoted to prayer.

James 1:12 Blessed is the man who perseveres under trial; for once he has been approved, he will receive the crown of life, which the Lord has promised to those who love him.

John 10:10 I came that they might have life, and might have it more abundantly.

Galatians 6:9 and let us not lose heart in doing good, for in due time we shall reap if we do not grow weary.

Philippians 1:12-14 Now I want you to know, brethren, that my circumstances have turned out for the greater progress of the gospel, so that my imprisonment in the cause of Christ has become well known throughout the whole praetorian guard and to everyone else, and that most of the brethren trusting in the Lord because of my imprisonment, have far more courage to speak the word of God without fear.

Philippians 4: 4-7 Rejoice in the Lord always; again I will say, rejoice! Let your forbearing (gentleness) spirit be known to all men. The Lord is near. Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, shall guard your hearts and your minds in Christ Jesus.

Look at 1 Peter 5:7 and copy it here.

Rewrite the verse in your own words as a personal prayer to God.

Many times in our stress we just want someone to come in and take over for us so that we don't have to deal with the problems. This is exactly what Peter is teaching us in this verse. He is telling us to cast our anxieties and cares upon the Lord because He will take care of us.

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