

Smart People, Dumb Choices

_____ can cause you to make dumb choices.

1 Sam 13:11 *When I saw that the men were scattering, and that you did not come, and the Philistines were assembling. I knew they were going to come against us and I had not sought the Lord's favor so I felt compelled to offer the burnt offering.*

1 Samuel 13:13-14 *"You acted foolishly," Samuel said. "You have not kept the command the LORD your God gave you; if you had, he would have established your kingdom over Israel for all time. But now your kingdom will not endure; the LORD has sought out a man after his own heart and appointed him leader of his people, because you have not kept the LORD's command."*

Stress - the body's nonspecific response to any _____ made on it.

_____ Stress - occurs and goes away quickly

_____ Stress - one that lasts for a longer period of time

Stress effect is like taking a _____ bath.

Stressors and the emotions that come with them can be _____.

Everyone has a stress _____.

In stressful situations, stop and make the _____ the most important issue to be addressed.

_____ the symptoms

_____ the symptom

_____ stress bubbles and begin popping, starting with smaller ones

Keep a _____ perspective

2 Chron 20:6-12 *"O LORD, God of our fathers, are you not the God who is in heaven? You rule over all the kingdoms of the nations. Power and might are in your hand, and no one can withstand you. O our God, did you not drive out the inhabitants of this land before your people Israel and give it forever to the descendants of Abraham your friend? They have lived in it and have built in it a sanctuary for your Name, saying, 'If calamity comes upon us, whether the sword of judgment, or plague or famine, we will stand in your presence before this temple that bears your Name and will cry out to you in our distress, and you will hear us and save us.'" But now here are men from Ammon, Moab and Mount Seir, whose territory you would not allow Israel to invade when they came from Egypt; so they turned away from them and did not destroy them. See how they are repaying us by coming to drive us out of the possession you gave us as an inheritance. O our God, will you not judge them? For we have no power to face this vast army that is attacking us. We do not know what to do, but our eyes are upon you."*

2 Chron 20:15 This is what the LORD says to you: 'Do not be afraid or discouraged because of this vast army. For the battle is not yours, but God's.

Place of greatest _____ and fear - God turned into place of great _____.

1 Cor 1:8-10 We do not want you to be uninformed, brothers, about the hardships we suffered in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired even of life. Indeed, in our hearts we felt the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead. He has delivered us from such a deadly peril, and he will deliver us. On him we have set our hope that he will continue to deliver us

2 Cor 11:23-29

_____ on God and set your _____ in Him.