

# DISTRESSING EVENT

## FEEL DISTRESS

Eg. Matt 26:37-38

### SINFUL WORRY

- Not trusting God
- Not listening to God's Word
- Distracted from Christ

### RELY ON OWN RESOURCES

- Focussed on self
- Irritable with others
- Looking to other "helps"
- Undisciplined Mind
- Discontent, Complaining

## DESPAIR

Matt 6:25-34  
Matt 13:22  
Luke 10:40-42

Phil ch 4

verse 4  
verse 5  
verse 6  
verses 8-9  
verses 11-13

verse 7

### *Be anxious for nothing*

- Trusting God
- Listening to God's Word
- Looking to Christ

### USE GOD'S MEANS

- Rejoice in the Lord
- Gentleness to all
- Prayer & Thanksgiving
- Right Thinking
- Practising Contentment

## PEACE of GOD

*"These things I have spoken to you, that in Me you may have **peace**. In the world you will have **tribulation**; but be of good cheer, I have overcome the world."* John 16:33