

WHEN YOU FEEL LIKE QUITTING

I. Stressed out

A. Stress is Mental/emotional strain and tension; pressure resulting from adverse or very demanding circumstances.

1. A person feels demands exceed resources.

2. When a person has a sense of little or no control over an event.

B. Common responses – Fight; Flight; Freeze

II. We are not without hope

A. Eph. 2:12, 13

B. Heb. 6:18, 19; 11:1; 1 John 5:4

III. We are not without support

A. Covenant promises of strength Is. 40:29-31; 41:10; Ps. 29:11

B. Grace provision of strength 2 Cor. 12:9