

# This is the TIME...

## What is Unhealthy in Your Life?

<input type="checkbox"/> My pace of life	<input type="checkbox"/> My diet	<input type="checkbox"/> My financial situation
<input type="checkbox"/> My thoughts	<input type="checkbox"/> My worries	<input type="checkbox"/> My relationship with...
<input type="checkbox"/> My overwork	<input type="checkbox"/> My habits	<input type="checkbox"/> My holding onto the past
<input type="checkbox"/> My marriage	<input type="checkbox"/> My family	<input type="checkbox"/> My perfectionism
<input type="checkbox"/> My addiction	<input type="checkbox"/> My memories	<input type="checkbox"/> My resentment or anger
<input type="checkbox"/> My expectations	<input type="checkbox"/> My regrets	<input type="checkbox"/> My need to control

### **WHERE DO WE GET HOPE WHEN CHANGE SEEMS HOPELESS?**

*"God blesses those people who grieve. They will find comfort." --Matthew 5:4*

*"No one can live with a broken spirit." ---Proverbs 18:14*

- I. REMEMBER GOD—IS WITH YOU.** *"Those who forget God have no hope." --Job 8:11a*  
Your comfort in the multitude of my anxieties within me, your comfort delights my soul.

*"Lord, when doubts fill my mind and when my heart is in turmoil, quiet me and give me renewed hope and cheer." --Psalm 94:19*

- II. REMEMBER GOD—CARES ABOUT ME.**

*"I have hope when I think of this: The Lord's love NEVER ENDS; His mercy never stops. They are new every morning." --Lamentations 3:21-23*

*"He is like a father to us, tender and sympathetic...for He knows what we are made of --dust." ---Psalm 103:13-14*

*"God showed His great love for us by sending Christ to die for us." --Romans 5:8*

- III. REMEMBER GOD---KNOWS YOUR SITUATION.**

*"You know how troubled I am; You have kept a record of my tears." --Psalm 56:6*

*..."You have seen the crisis in my soul." ---Psalm 31:7*

- IV. REMEMBER GOD---HAS POWER.**

*"What is impossible for men is possible with God." --Luke 18:27*

*"When everything was hopeless, Abraham believed anyway, deciding to live not on the basis of what he couldn't do but on what God said He would do." ---Romans 4:18a*

*"For God is at work within you, giving you the will and the power to achieve His purpose." ---Philippians 2:13*

- V. REMEMBER GOD---PROMISED TO HELP YOU.**

*"I expect Your help, for You have promised it." ---Psalm 119:81*

*"God cannot lie when He makes a promise, and He cannot lie when He makes an oath. These things encourage us. They give us strength to hold on to the hope we have been given." ---Hebrews 6:18*

*"The Spirit that God gives us...fills us with power, love, and self-control." --II Timothy 1:7*

This document was created with Win2PDF available at <http://www.win2pdf.com>.  
The unregistered version of Win2PDF is for evaluation or non-commercial use only.  
This page will not be added after purchasing Win2PDF.