When I Can't Take it Any More!

GETTING UNSTUCK FROM LIFE'S HARDEST SEASONS

1 Thessalonians 3:1 "...when we could stand it no longer..."

When we're at the end of our rope, what can we do? What options do we have other than letting go and falling into the darkness? Are there spiritual strategies we can use to fight back and change the story?

- When faced with situations that are stressing us out, we need to ask: Why am I _____ this _____?
- To go deeper into the heart of our issues, it's important to: _____ our _____.
- We do this because it's our _____ expectations that cause _____!

When we interrogate our expectations, we can do one of three things with them:

1. _____ them. Some expectations should be kept because they are strong, healthy and line up with God's Word.

2. _____ them. Some expectations are faulty and need to be thrown out.

3. _____ them. Some expectations need a tune up to align with reality.

Much of what Jesus did during His earthly ministry was to help people realize that their expectations of life and of God were _____ or _____!

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.

How can we get our thoughts straight?

1. _____ our expectations.

2. _____ our expectations.

3. _____ God's _____.