

July 30, 2014

# EXTREME FAITH

How do you manage life?

Name:

Take me home!

## LIFE

How You Handle It

### LIFE...

#### How you handle it

Life it just happens around us and sometimes we are involved in the decisions that are going on around us, other times life just happens to us. So how do you handle the stress of life? What do you do when everything just falls apart? It happens to all of us, we think that we have everything under control and then blame everything falls apart. Now don't get me wrong we all know those people who well are in panic mode all the time because life just never ever is in a good place. Then there are the other people who well never ever seem to lose control of life. Everything is always just fine and perfect! (Of course they are just really good at covering up the fact that life gets out of control for them.) Then in the middle of this is us we have a grip on life and things are going good and then other times life seems to fall apart. That is where most of us are at! So how do you handle life when things just fall out of control? What do you turn to so that you feel better and in control agin? There are stresses in life that is part of life but how you handle the stress is key. Some of us just hide and run away, others get angry and take it out on others, and some of us jump in and seek to take control back. God has many things to say

about stress. He knew that we would face many things and that we would need His guidance and help to get through life. Take a look at this **Philippians 4:6-9** **6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. 8 Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.** That is a lot to take in so read it a couple of times. In this edition of the Extreme Faith Mag. we are going to break it down and make it something that you can use to manage stress and life. Life it happens and well we need to be ready for whatever it throws at us. Did you read it again? If not read it again it is life changing when you allow it to soak in. Keep reading the articles and learn about life and how to manage it.



Living Extreme means...

There are those people who seem to handle life better than others. The people who I know that handle life well really understand these verses. I am not one of those people but I am working to be one of those people. So lets start from the beginning. **Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.** What do you worry about? What causes your life to spin out of control? For me it is time itself. I never have enough time to get all the things that I want to get done, done. So as I go through each day I feel the seconds tick like a throbbing in my mind. So how do I cope? Well I fell in love with this veers a long time ago. I love that God tells us that we can actually be anxious for nothing. Now understand when I am standing in line to ride a cool roller coaster I am anxious. I love that kind of anxious and excitement. But I hate the feeling of waiting for the next thing to fall apart. That is the anxious that needs to go away. God promises that we can live a life where we don't have to be anxious about anything. That's cool! Imagine your life with no worry! What would that life look like? To make that life happen you need to pray and trust in God. See for me I trust in me more than I trust in God and that gets me in trouble...  
Keep reading

*Would your rather....?*

*Do or do not, there is no middle ground.*

...live without TV or without music?

...get caught cheating or lying?

...cover up your troubles or let them out and try to work on them?

# CHARACTER

Ever feel like you just need to scream? I do I feel like I am taking crazy pills. But when I apply extreme character principles I realize that God is there and that He is with me and I can live a full and abundant life! But I have to have extreme trust in God, which means I need to let Him Lead and be in Charge! Who is in charge of your life? Get Extreme and let God lead you!

# DIG IN

Philippians 4:6

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your request to God.

## Think About it...

### (Know how you will handle it)

Okay lets look at Philippians again because we need to know how we will handle life when it falls apart before it falls apart. When we have our plan ahead of time then we know exactly what to do and we live victorious!

Philippians 4:6-9 6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. 8 Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.

Here is a good break down of how to put this into practice!

Step One: Know what you will do ahead of time. Verse 6 tells us to not be anxious about anything. So we must not worry or freak out. If we do we are not letting our faith lead us. We are doubting God and His ability to see us through the other side of the storm. Worry about nothing and freak out about nothing and trust in God. But how we whine? How can we do this? Look at Step Two.

Step Two: Pray about everything! We have to believe to pray, and even if you don't believe pray! Give God control and let Him lead you. If we share everything with God then we know that we have given it over to the most important authority that we know. God wants to lead but He has to be given the chance. If you worry then it is your problem. If you pray then you are getting instruction and leading from God. You have to believe and let go, and let God lead you. Pray and seek God's wisdom. One hundred percent of our stresses in life can be handled by God, we just have to let go and trust in Him. Verse 7 says that He will protect us and keep us safe when we pray and turn over the problem to Him. Even if we got ourselves into the problem in the first place.

Step Three: We are to think only about good things... How often do you think about good things? I mean if we really think about it we tend to think and worry about the worst and that is where our mind stays. Then blam the bad things happen. We need to think about how awesome God is and how powerful He is. He loves us and that is awesome because He is on our side. Think about good things and pure things. Need a place to start? Then just think about God! He is perfect and wonderful everything about Him is pure and good. He is a great place to start, when you are looking for good thoughts. Verse 8 tells us to do this, don't think about all the bad think about all the good in our lives. Verse 9 tells us to do everything that He is teaching us. We need to do what He says to do and do it every day! We all need to work on this for sure.

Okay so if we work on these three things, then the promise is that we will not have to worry, we will be able to handle anything that life throws at us and that is awesome! Don't believe me then give it a try and get back to me!

## Finish this Sentence:

(Fill in the blank... How would you finish this sentence?)

**\*To get my life back in perspective when it spins out of control I...**

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**\*Why do we worry?**

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**\* Philippians tells us not to worry, what are we to do instead?**

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**\*What does it mean to trust in God with everything? (Define it)**

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