
WHAT'S HOLDING YOU TOGETHER?
FINDING YOUR STRENGTH IN GOD
Dab tsi tuav koj ua ke?

WHEN LIFE BEGINS TO

fall apart,

WHAT HOLDS YOU TOGETHER IS WHERE YOUR TRUST IS ROOTED!


WHAT'S HOLDING YOU TOGETHER?
FINDING YOUR STRENGTH IN GOD
Dab tsi tuav koj ua ke?

JEREMIAH | YELEMIS 17:5–10

5 *Thus says the Lord:*
“Cursed is the man who trusts in man and
makes flesh his strength, whose heart turns
away from the Lord.

6 *He is like a shrub in the desert, and shall not*
see any good come. He shall dwell in the
parched places of the wilderness, in an
uninhabited salt land.

JEREMIAH | YELEMIS 17:5–10

7 *“Blessed is the man who trusts in the Lord,*
whose trust is the Lord.

8 *He is like a tree planted by water, that sends*
out its roots by the stream, and does not fear
when heat comes, for its leaves remain green,
and is not anxious in the year of drought, for it
does not cease to bear fruit.”

JEREMIAH | YELEMIS 17:5–10

9 *The heart is deceitful above all things, and desperately sick; who can understand it?*

10 *“I the Lord search the heart and test the mind, to give every man according to his ways, according to the fruit of his deeds.”*

JEREMIAH | YELEMIS 17:5–10

5 *Tus TSWV hais tias, “Kuv yuav rautxim rau cov neeg uas khiav tawm ntawm Kuv mus tsosiab rau tibneeg lub zog thiab tsosiab rau cev nqaij daim tawv uas txawj tuag.*

6 *Nws zoo yam nkaus li tsob ntoo uas nyob tom tiaj suabpuam, uas lojhlob hauv tej mojsab qhua, ntawm thaj av qab ntsev uas tsis muaj dabtsi txawm taus li. Tsis muaj ib yam zoo tshwmsim rau nws li.*

JEREMIAH | YELEMIS 17:5–10

7 *“Tiamsis Kuv yuav foom koobhmoov rau tus uas tsosiab rau Kuv.*

8 *Nws zoo yam li tsob ntoo uas lojhlob ze ntawm ntug dej thiab nrhau cag mus rau hauv dej. Txawm yog tshavntuj kub los nws yeej tsis ntshai, rauqhov nws tej nplooj yeej tsaus ntsuab tas mus li; txawm yog tsis muaj nag los nws yeej tsis txhawj; nws yeej txitxiv tas mus li.*

JEREMIAH | YELEMIS 17:5–10

9 *“Leejtwg thiaj totaub tibneeg lub siab?*
Tsis muaj ib yam dabtsi uas txawj dag-ntxias
npaum tibneeg lub siab; lub siab ntawd mob loj
dhau qhov uas yuav kho tau lawm.

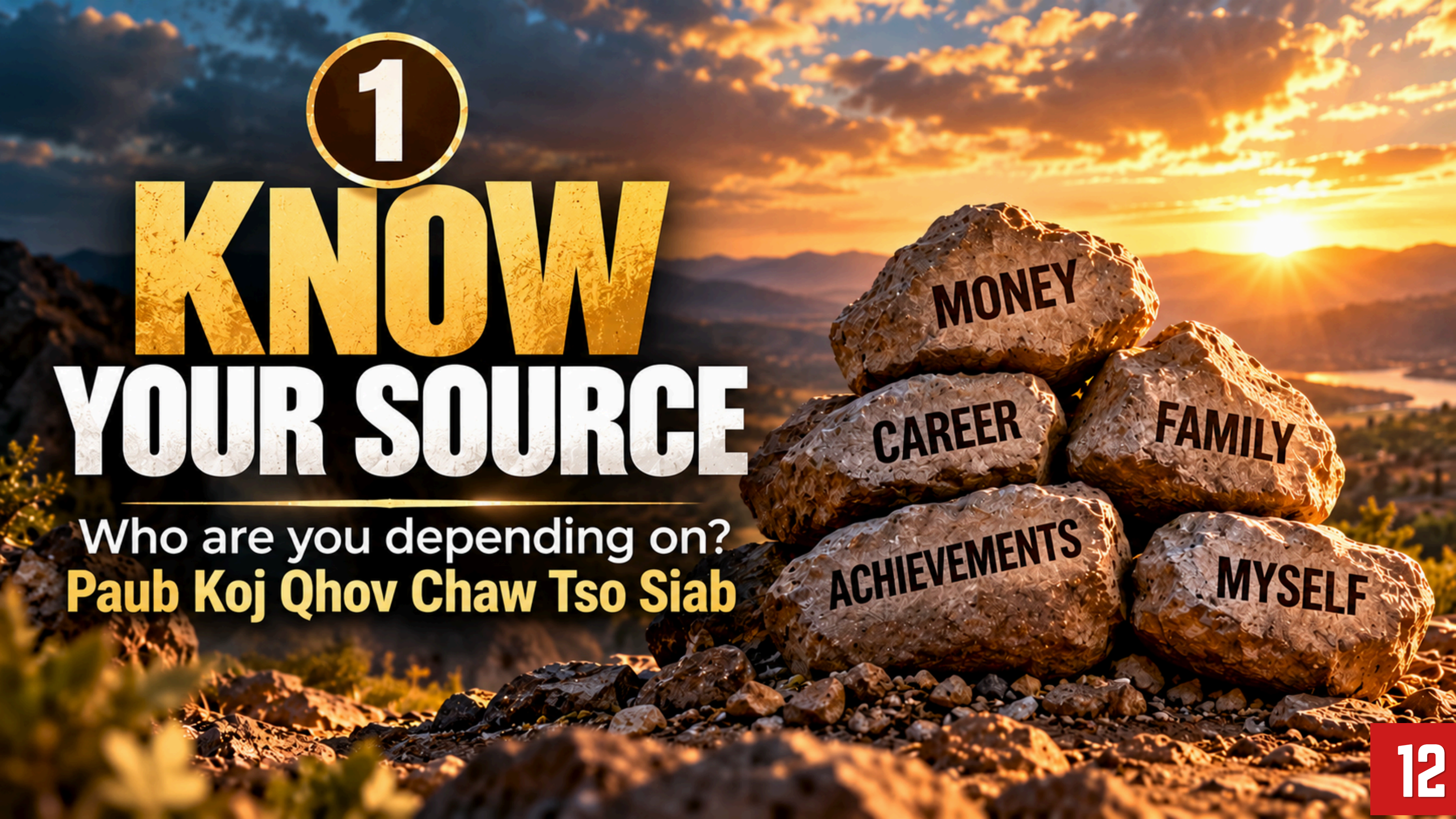
10 *Kuv, uas yog tus TSWV, Kuv tshawb tibneeg*
tej kev xav thiab sim noobneej lub siab.
Kuv pub rau txhua tus rawsli lawv kev ua neej,
rawsli tej uas lawv ua.”


1
KNOW
YOUR SOURCE
Who are you depending on?
MONEY
CAREER
FAMILY
ACHIEVEMENTS
MYSELF
2
GROW
YOUR ROOTS
What sustains you during difficult seasons?
3
SAY NO
TO THREATS
What is weakening your trust in God?
BITTERNESS
PRIDE
UNFORGIVENESS
GREED
JEALOUSY
COMPLACENCY

HISTORICAL BACKGROUND

JUDAH'S CRISIS OF TRUST




1
KNOW
YOUR SOURCE
Who are you depending on?
Paub Koj Qhov Chaw Tso Siab
MONEY
CAREER
FAMILY
ACHIEVEMENTS
MYSELF

JEREMIAH | YELEMIS 17:5–10

5 “***Cursed*** *is the man who* ***trusts in man*** *and* ***makes flesh his strength****, whose* ***heart turns away from the Lord****.*

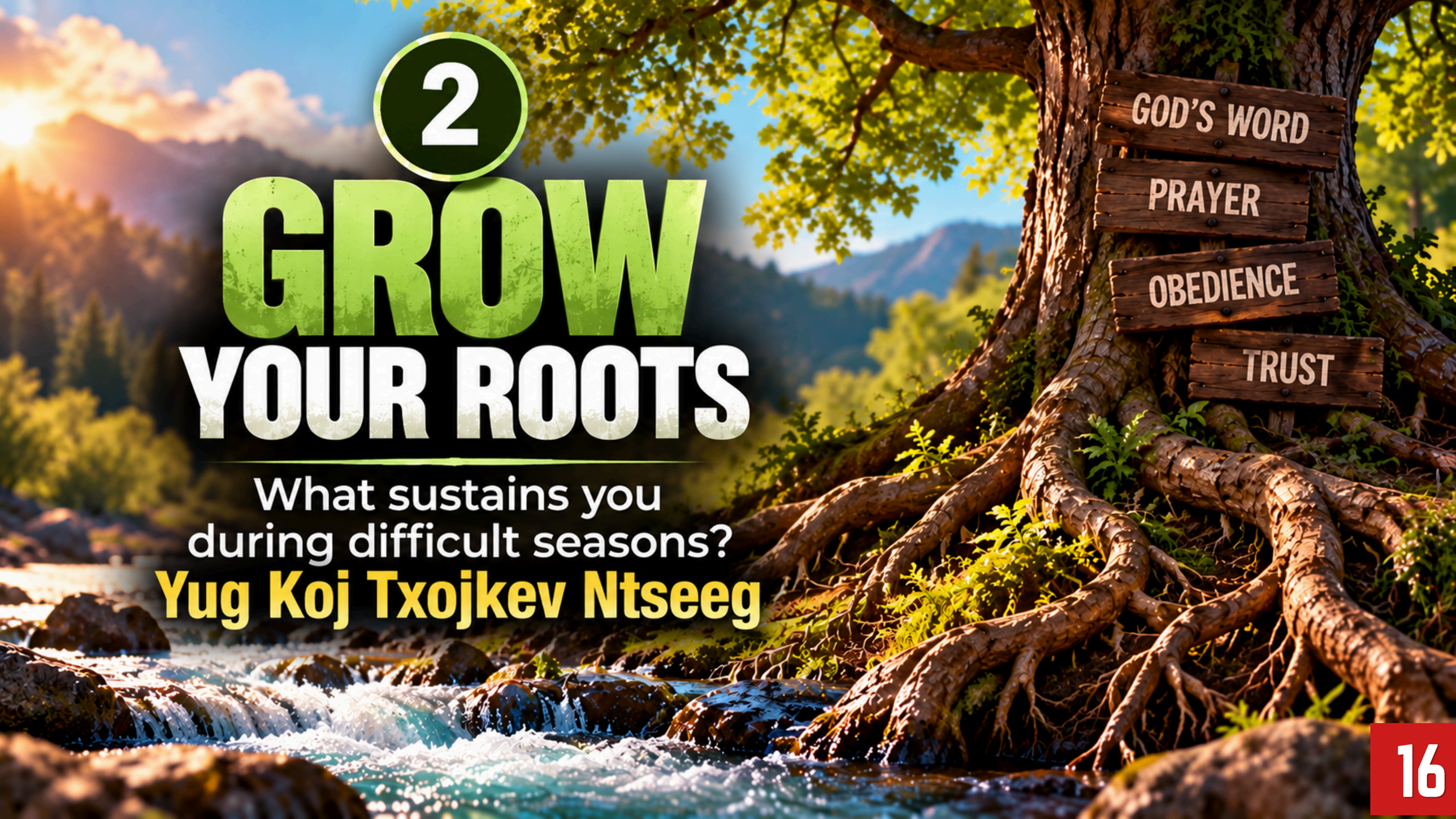
“Kuv yuav ***rautxim*** *rau cov neeg uas khiav tawm ntawm Kuv mus* ***tsosiab rau tibneeg*** *lub zog thiab* ***tsosiab rau cev nqaij*** *daim tawv uas txawj tuag.*

PSALM | NTAWV NKAUJ 20:7

"Some trust in chariots and some in horses, but we trust in the name of the LORD our God."

“Muaj ibtxhia ciasiab rau lawv tej tsheb nees thiab ibtxhia ciasiab rau lawv tej nees, tiamsis peb ciasiab rau tus TSWV uas yog peb tus Vajtswv lub hwjchim.”


1%
Low Battery
Please Charge Soon
Work
Family
Ministry
Appointments
Everything else...


2
GROW
YOUR ROOTS
What sustains you
during difficult seasons?
Yug Koj Txojkev Ntseeg
GOD'S WORD
PRAYER
OBEDIENCE
TRUST

JEREMIAH | YELEMIS 17:7

*7 “**Blessed** is the man who trusts in the Lord,
whose trust is the Lord.*

*7 “Tiamsis Kuv yuav **foom koobhmoov** rau tus
uas tsosiab rau Kuv.*

JEREMIAH | YELEMIS 17:8

*8 He is like a **tree planted by water,** that sends out its roots by the stream, and does not fear when heat comes, for its leaves remain green, and is not anxious in the year of drought, for it does not cease to bear fruit.”*

*8 Nws zoo yam li **tsob ntoo uas lojhlob ze ntawm ntug dej** thiab nrhau cag mus rau hauv dej. Txawm yog tshavntuj kub los nws yeej tsis ntshai, rauqhov nws tej nplooj yeej tsaus ntsuab tas mus li; txawm yog tsis muaj nag los nws yeej tsis txhawj; nws yeej txitxiv tas mus li.*

JOHN | YAUHAS 15:5

*"I am the vine; you are the branches. Whoever **abides in me** and I in him, he it is that bears much fruit, for apart from me you can do nothing."*

*“Kuv yog tsob hmab, nej yog cov ceg. Tus uas **txuas rau ntawm Kuv** thiab Kuv txuas rau ntawm nws, tus ntawd yuav txitxiv ncw; yog nej tsis txuas rau ntawm Kuv, nej yeej ua tsis tau ib yam dabtsi li.”*

The R.O.O.T. CHALLENGE

R REMAIN
in God's Word.

Txuas Rau
Vajtswv Txojlus

(Psalm 1:2–3)



O OPEN
your heart
in prayer.

Qhib Siab Rau
Kev Thov Vajtswv

(Philippians 4:6–7)



O OBEY
the Holy Spirit.

Mloog Vajntsujplig
Lus

(Galatians 5:16)



T TRUST
God in
every season.

Ciasiab Rau Vajtswv
Txhua Lub Sibhawm

(Proverbs 3:5–6)




3
SAY NO
TO THREATS
Tsis Txhob Qaug
Rau Kev Hem
What is weakening
your trust in God?
BITTERNESS
PRIDE
UNFORGIVENESS
GREED
JEALOUSY
FEAR
DISTRACTIONS
COMPLACENCY

JEREMIAH | YELEMIS 17:5–10

9 *The heart is* ***deceitful*** *above all things, and* ***desperately sick;*** *who can understand it?*

9 *Leejtwg thiaj totaub tibneeg lub siab?*
Tsis muaj ib yam dabtsi uas ***txawj dag-ntxias***
npaum tibneeg lub siab; lub siab ntawd ***mob loj***
dhau qhov uas yuav kho tau lawm*.*

JEREMIAH | YELEMIS 17:5–10

10 *"**I the Lord search the heart** and **test the mind,** to give every man according to his ways, according to the fruit of his deeds."*

10 *Kuv, uas yog tus TSWV, **Kuv tshawb tibneeg tej kev xav** thiab **sim noobneej lub siab**. Kuv pub rau txhua tus rawsli lawv kev ua neej, rawsli tej uas lawv ua."*

PSALM | NTAWV NKAUJ 139:23–24

"Search me, O God, and know my heart!"

Au Vajtswv, thov tshawb kuv kom Koj paub kuv lub siab;


What Will Keep You
STANDING?
Dabtsi Pab Koj Sawv Khov Kho?


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