

# EQUIP

July 11, 2018

Thriving in Stressful Times

1. Typical responses to stress include:

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2. Stress is a \_\_\_\_\_ gift from God. Thriving is God's \_\_\_\_\_ for every believer.

I. God's Goal

A. Aspects of sanctification

\_\_\_\_\_ Hebrews 10:10

\_\_\_\_\_ I John 3:1-3

\_\_\_\_\_ 2 Peter 3:18

B. The goal of progressive sanctification is full

\_\_\_\_\_ in \_\_\_\_\_.

C. Accept maturity in Christ as a worthy \_\_\_\_\_ of life in faith.

II. Stress: \_\_\_\_\_ of God's means to maturity.

A. Maturity calls for a Divine-human \_\_\_\_\_.

B. The Divine means to maturity:

1. \_\_\_\_\_ Acts 20:32; 2 Timothy 3:16-17

2. \_\_\_\_\_ Galatians 5:22-25

3. \_\_\_\_\_ 1 Thess. 5:11; Hebrews 10:24-25

4. \_\_\_\_\_ James 1:2-12

III. Application

A. Understanding the place of stress as a means to maturity is essential for a \_\_\_\_\_ and \_\_\_\_\_ growth in Christ.

B. Thriving is easier when God's goal of maturity in Christ is help as valuable to \_\_\_\_\_.

C. Stress as a means of Christian maturity is:

- a new idea to me

- an idea I knew about before class

- an idea I need to think about to understand