

LIFE COPING TECHNIQUES FROM SCRIPTURES

David and the Psalms

Journaling

Reflection

Meditation (Psalm 119:97)

Giving a Voice to our Pain/Troubles

Prayer

Look up – There is something bigger than yourself (Psalm 147:4)

Solomon (Wisdom Literature)

Choose the course of wisdom

Be careful who you associate with (Prov. 1-10)

Life under the sun – vanity (Ecclesiastes)

King Saul

Power of soothing music (1 Samuel 16:22,23)

Amos

Look at the power that is greater than you (Amos 5:8)

I live in the small picture. God is the God of the big picture.

Habakkuk

Stay on your side of the road (quit worrying about what God is doing...if He cares...wait on Him)

While the battle rages below what do I do? (3:17-18)

Paul

Focus – set your affections on things above (Col. 3:2 – i.e. vs 2-12)

Thought stopping (Think on these things – Phil. 4:8)

Set proper priorities – Godliness with contentment (1 Tim. 6:6)

One day at a time – sufficient unto a day is the evil thereof

James

Live in the day (4:4f)

Avoid getting stuck on yourself (Just a vapor)

Jesus (Matthew 4-7)

Faith sees backwards

Fight temptation with scripture and prayer

He's got the whole world in His hands

The world is sustained by the word of His power (Heb. 1:2-6)

We have a Great High Priest (Heb. 4:14-16)

Boldly access the throne of Grace to find help in time of need

Others – value of: silence, natural scents, friends, brethren, touch, encouragement, rest, reward

Where the battle rages, there the strength of the warrior is tested"