

# GAME PLAN

September 17, 2017 | Terry Bate | @theb8journey | #FCCgameplan

**Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect.** Romans 12:2 NLT

>> How often do you feel stressed or worried?

*List the contributing factors in your life below ...*

What was going on in the prophet Elijah's life in 1 Kings 19?

## Elements of a solid game plan ...

> Define the win & Understand the opponent:

**When it comes to stress/anxiety, we must \_\_\_\_\_ it!**

> Maximize strengths; minimize weaknesses:

**To overcome worry, we must learn to \_\_\_\_\_ it!**

*(consider the words of Paul in Philippians 4:6-9)*

> Expect setbacks:

> Listen to your coach:

{Proverbs 12:25; Psalm 55:22; Matthew 6:25-34; Matthew 11:28-30; John 14:27; 1 Peter 4:6-8}

**Stress \_\_\_\_\_ at the heart of your \_\_\_\_\_!**

>> How can our lives best reflect the character of God?

## Consider these questions for personal reflection this week ...

> Am I focusing on things in life that bring stress or joy?

> What adjustments can I make in my daily commitments to better reflect the vitality of my faith journey?



Miss Something? That's okay!!  
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