The Safety Zone: How to De-Stress Your Life Pt 2 by Joyce Meyer / Session 8 of 8

Balance, Balance, Balance, Balance!

What do you like to do? Take some time to do that.

I like myself and I like spending time with myself.

Stop saying YES to what God is saying NO to.

Stop being a people pleaser and be a God pleaser!

Is everyone taking advantage of you? Then you need some boundaries.

"No one is going to take advantage of me anymore. I'm going to be led by the Holy Spirit."

I love people who let me be free.

You don't always have to explain why you don't want to do something. Just follow your peace!

Why can't we give each other a little space and stop trying to manipulate people all the time?

You are important!

You cannot take care of anybody else if you don't take care of yourself.

What happens when you're too tired? Discipline becomes difficult. We just don't enjoy our life!

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*Lev 25:4-5 (AMPC) - **4** But in the seventh year there shall be a sabbath of solemn rest for the land, a sabbath to the Lord; you shall neither sow your field nor prune your vineyard. **5** What grows of itself in your harvest you shall not reap and the grapes on your uncultivated vine you shall not gather, <u>for it is a year of rest to the land.</u>*

In our society it's almost like we're skimming the surface of everything, we aren't going to the depths of things

People don't have much depth anymore and you don't get depth by being in a hurry.

*Jam 1:21 (AMPC) - **21** So get rid of all uncleanness and the rampant outgrowth of wickedness, and in a humble (gentle, modest) spirit <u>receive and welcome the Word which implanted and rooted [in your hearts] contains the power to save your souls.</u>*

*Eph 3:17 (AMPC) - **17** May Christ through your faith [actually] dwell (settle down, abide, make His permanent home) in your hearts! <u>May you be rooted deep in love and founded securely on love,</u>*

*Col 2:7 (AMPC) - **7** <u>Have the roots [of your being] firmly and deeply planted [in Him,</u> fixed and founded in Him], being continually built up in Him, becoming increasingly more confirmed and established in the faith, just as you were taught, and abounding and overflowing in it with thanksgiving.*

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We need to have roots!

We don't know what the kingdom is about if we don't have righteousness, peace, and joy.

You're not going to walk in love unless you keep it in front of you all the time.

I have margin time every day. It's in your margin time that you hear from God and get to know yourself.

I've learned the way I feel today usually has something to do with something I did yesterday.

Let's stop blaming everyone else!

Get in some margin time with God and ask Him, "What is my problem?"

When I spend too much time trying to understand things only God understands I end up confused and upset.

Trust requires unanswered questions.
When I start feeling confused and frustrated, I've gone too far.

*1 Cor 13:12-13 (AMPC) - **12** For now we are looking in a mirror that gives only a dim (blurred) reflection [of reality as in a riddle or enigma], but then [when perfection comes] we shall see in reality and face to face! Now I know in part (imperfectly), but then I shall know and understand fully and clearly, even in the same manner as I have been fully and clearly known and understood [by God].*

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13 *And so faith, hope, love abide [faith—conviction and belief respecting man's relation to God and divine things; hope—joyful and confident expectation of eternal salvation; love—true affection for God and man, growing out of God's love for and in us], these three; but the greatest of these is love.*

There's a lot of things you're not going to know, but one thing you can always do is walk in LOVE!

We've got to get over thinking that we can understand everything.

Prov 3:5-8 (AMPC) - ***5*** *Lean on, trust in, and be confident in the Lord with all your heart and mind and do not rely on your own insight or understanding.* ***6*** *In all your ways know, recognize, and acknowledge Him, and He will direct and make straight and plain your paths.* ***7*** *Be not wise in your own eyes; reverently fear and worship the Lord and turn [entirely] away from evil.* ***8*** *It shall be health to your nerves and sinews, and marrow and moistening to your bones.*

Some have a lousy life because they won't let go of some stuff they don't understand.

Sin is at work in the world. God is just, but sometimes the things that happen to us are not just.

We are eternal beings and God's Word is full of promises.

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The Holy Spirit is a down payment of the good things that are to come.

Eph 1:14 (AMPC) - [14] That [Spirit] is the guarantee of our inheritance [the firstfruits, the pledge and foretaste, the down payment on our heritage], in anticipation of its full redemption and our acquiring [complete] possession of it—to the praise of His glory.

Do the best you can! You don't have to keep up with anyone else.

1 Cor 15:52 (AMPC) - [52] In a moment, in the twinkling of an eye, at the [sound of the] last trumpet call. For a trumpet will sound, and the dead [in Christ] will be raised imperishable (free and immune from decay), and we shall be changed (transformed).

We need to stop seeing this life as one life and our eternal life as another life.

You've got to build margin in your life!

How to De-Stress Your Life:

1) **Slow down.**
2) **Have some pondering time, meditation time, Selah.**
3) **Get rooted and grounded.**
4) **Get some boundaries.**
5) **Build daily margin.**

In the margin time of your life, you can make sure you're keeping those boundaries.

Stop letting your life order you around and you begin to order your life!

REFLECT QUESTIONS:

1) What do I like to do?
2) Is everyone taking advantage of me?
3) Do I have my roots in God?
4) How is my love walk with God?
5) Do I have margin time every day?
6) Where am I feeling confused and frustrated in my life?
7) Does hurrying help me or cause me to have more problems?
8) Where am I blaming others for my own problems?

VERSE MEDITATION:

Prov 3:5-8 (AMPC) - [5] Lean on, trust in, and be confident in the Lord with all your heart and mind and do not rely on your own insight or understanding. [6] In all your ways know, recognize, and acknowledge Him, and He will direct and make straight and plain your paths. [7] Be not wise in your own eyes; reverently fear and worship the Lord and turn [entirely] away from evil. [8] It shall be health to your nerves and sinews, and marrow and moistening to your bones.

DAILY CONFESSIONS:

"I live inside of the Word of God!"

"No one is going to take advantage of me anymore. I'm going to be led by the Holy Spirit."

"God, I trust you!"