

## How To Live Through Bad Days

*(Hebrews 12:2 MSG) "Keep your eyes on Jesus, who both began and finished this race we're in. Study how he did it. Because he never lost sight of where he was headed—that exhilarating finish in and with God—he could put up with anything along the way: cross, shame, whatever. And now he's there, in the place of honor, right alongside God."*

### Principle #6

*(John 19:28 NIV) "I am thirsty."*

Be human enough to \_\_\_\_\_  
\_\_\_\_\_.

### Roadblocks to Being Real

✓ Hidden \_\_\_\_\_.

*(2 Corinthians 4:2 MSG) "We refuse to wear masks and play games...Rather, we keep everything we do and say out in the open, the whole truth on display, so that those who want to can see..."*

✓ Desire for \_\_\_\_\_.

*(Proverbs 29:25 NIV) "Fear of man will prove to be a snare, but whoever trusts in the LORD is kept safe."*

✓ Past \_\_\_\_\_.

*(James 5:16 NIV) "Therefore confess your sins to each other and pray for each other so that you may be healed..."*

### Be Transparent

1. Because I need \_\_\_\_\_. (Church=\_\_\_\_\_)

*(Ephesians 2:21 NIV) "In him the whole building is joined together and rises to become a holy temple in the Lord."*

2. Because I need to \_\_\_\_\_. (Church=\_\_\_\_\_)

*(Ephesians 4:16 NIV) "From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work."*

3. Because I need to be \_\_\_\_\_. (Church=\_\_\_\_\_)

*(Ephesians 2:19 NLT) "You are citizens along with all of God's holy people. You are members of God's family."*

### Principle #7

*(Luke 23:46 NIV) "Father, into your hands I commit my spirit."*

\_\_\_\_\_ yourself to God.

### Be Free

1. Be \_\_\_\_\_ with yourself.

*(Romans 12:3 NIV) "For by the grace given me I say to every one of you; Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you."*

2. Put \_\_\_\_\_ in every area of your life.

*(Matthew 6:33 NIV) "But seek first his kingdom and his righteousness and all these things will be given to you as well."*

3. Live \_\_\_\_\_ at a time.

*(Matthew 6:34 NIV) "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."*

## How To Live Through Bad Days

*(Hebrews 12:2 MSG) "Keep your eyes on Jesus, who both began and finished this race we're in. **Study how he did it.** Because he never lost sight of where he was headed—that exhilarating finish in and with God—he could put up with anything along the way: cross, shame, whatever. And now he's there, in the place of honor, right alongside God."*

### Principle #6

*(John 19:28 NIV) "I am thirsty."*

Be human enough to **ACKNOWLEDGE YOUR NEED.**

### Roadblocks to Being Real

✓ Hidden **WEAKNESSES.**

*(2 Corinthians 4:2 MSG) "We refuse to wear masks and play games...Rather, we keep everything we do and say out in the open, the whole truth on display, so that those who want to can see..."*

✓ Desire for **APPOVAL.**

*(Proverbs 29:25 NIV) "Fear of man will prove to be a snare, but whoever trusts in the LORD is kept safe."*

✓ Past **HURTS.**

*(James 5:16 NIV) "Therefore confess your sins to each other and pray for each other so that you may be healed..."*

### Be Transparent

1. Because I need **SUPPORT.**  
(Church=**BUILDING**)

*(Ephesians 2:21 NIV) "In him the whole building is joined together and rises to become a holy temple in the Lord."*

2. Because I need to **GROW.** (Church=**BODY**)

*(Ephesians 4:16 NIV) "From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work."*

3. Because I need to be **LOVED.**(Church=**FAMILY**)

*(Ephesians 2:19 NLT) "You are citizens along with all of God's holy people. You are members of God's family."*

### Principle #7

*(Luke 23:46 NIV) "Father, into your hands I commit my spirit."*

**SURRENDER** yourself to God.

### Be Free

1. Be **HONEST** with yourself.

*(Romans 12:3 NIV) "For by the grace given me I say to every one of you; Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you."*

2. Put **GOD FIRST** in every area of your life.

*(Matthew 6:33 NIV) "But seek first his kingdom and his righteousness and all these things will be given to you as well."*

3. Live **ONE DAY** at a time.

*(Matthew 6:34 NIV) "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."*