

**WHEN LIFE GETS
TOO HARD TO STAND...
KNEEL**



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Below is my 10 step power guide: **When life gets too hard to stand - KNEEL!** What you will receive in this power guide are the tools to use, directly from the Bible, when dealing with the difficulties of life.

Step 1 - **When you are afraid:** For God has not given us the spirit of fear, but of power and of love and of a sound mind. 2 Timothy 1:7

Step 2 - **When you are worried:** Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. Philippians. 4:6

Step 3 - **When you are angry:** A gentle answer turns away wrath, but a harsh word stirs up anger. Proverbs 15:1

Step 4 - **When you are confused:** I will instruct you and teach you in the way which you should go; I will consult you with my eye upon you. Psalm 32:8

Step 5 - **When you are frustrated:** Commit your works to the Lord, and your plans will be established. Proverbs 16:3

Step 6 - **When you are impatient:** Wait patiently for the Lord. Be brave and courageous. Yes, wait patiently for the Lord. Psalm 27:14

Step 7 - **When you are searching for answers:** You will seek me and find me, when you search for me with all your heart. Jeremiah 28:13

Step 8 - **When you feel worthless:** I have called you by name, you are mine. YOU are precious in my eyes and honored, and I love you. Isaiah 43:1-4

Step 9 - **When you want to give up:** I can do all things through Christ who strengthens me. Philippians 4:13

Step 10 - **When you have a need:** And my God will supply all your needs according to His riches by glory in Christ Jesus. Philippians 4:19

When you are experiencing any of these difficulties, say these scriptures over and over again, meditate on them. There is power in the word of God. When you do this, you will feel the peace and strength of God come over you and you will be able to **STAND** again!