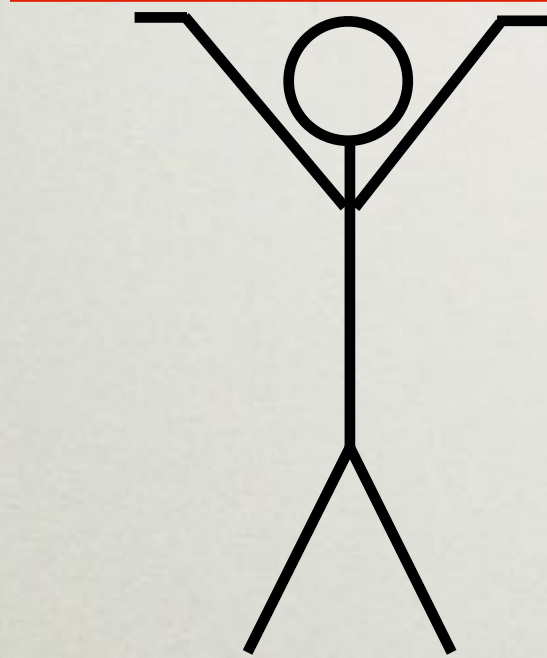


Stresses & Messses

Equipping People to Pray Through Life's Stresses & Messes

**Finding
Freedom**



Finding

More

Freedom

Finding Freedom Fundamentals

Reflect

Repent

Respond

Finding Freedom Fundamentals

Reflect

Recognize how your ways of thinking, feeling and acting don't align with God's way

Repent

Realign your ways to God's way

Respond

Take action in alignment with God's way

Reflect

Recognize Misalignment Indicators

- **Your Emotions!**

God's Way

Love

Joy

Peace

My Way

Anger / Hatred

Down / Discouraged

Anxious

- **Destructive, Devaluing, or Racing Repetitive Thoughts**

Reflect

Ask God for Revelation

- When did this start?
- Why are you downcast oh my soul?
Psalms 42:5

Why are you ANGRY?

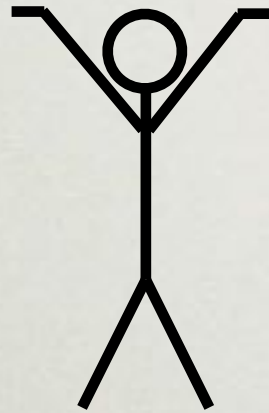
Why are you ANXIOUS

He's not pleased
with me

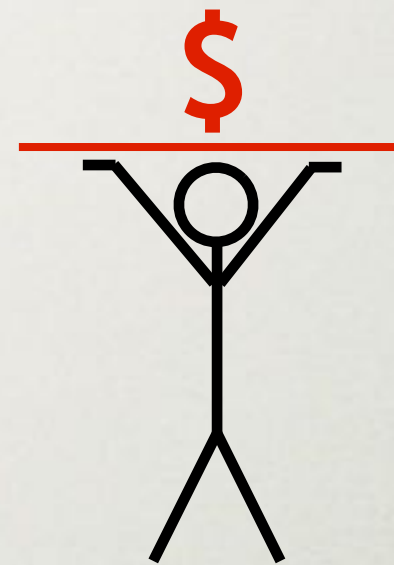
God

He won't provide

Finding
Freedom



WHY?



Nothing is getting done
I'm failing
I am a failure

Significantly less income
Fail to provide for family
I am the provider

Me

Repent

WEED

and

SEED

“See, I have appointed you this day over the nations
and over the kingdoms,

To pluck up and to breakdown,

To destroy and to overthrow

To build and to plant”

Jeremiah 1:10

Repent

WEED

and

SEED

Confess Sin

Declare Truths

**Renounce Self-
Limiting Lies**

Forgive Wrongs

Rebuke Demons

You're not pleased
with me

God

He won't provide
for my family

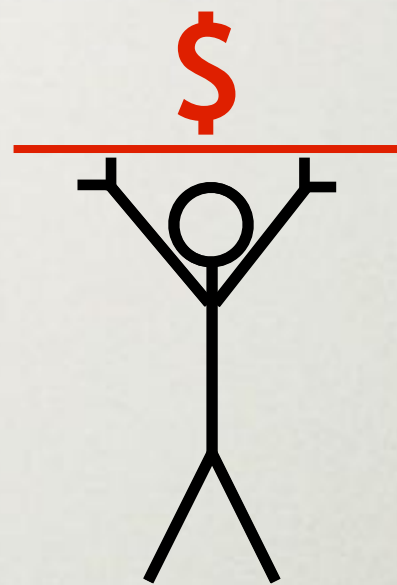
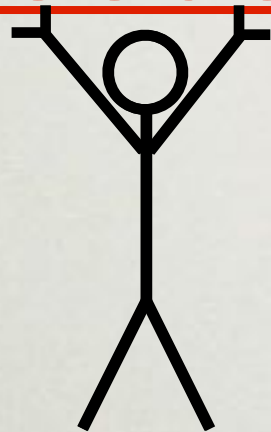
Confess

Renounce

Rebuke

Declare

Finding
Freedom



Nothing is getting done
I'm failing
I am a failure

No steady income
Fail to provide for family
I am the provider
beloved son

Me

You are pleased
with me

God

You Are My
Provider

Finding
Freedom

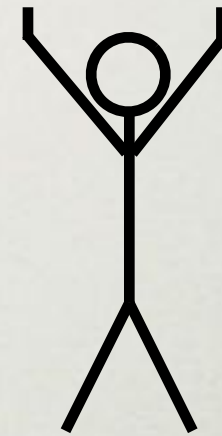
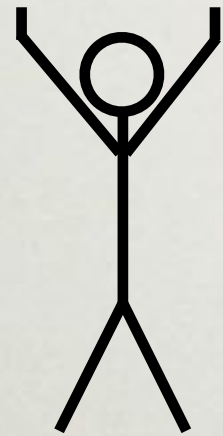
Confess

Renounce

Rebuke

Declare

\$



I am able

I am Your
beloved son

Me

Respond

- **Do** **Put Your Faith in Action**
- **Say** **Restore Relationship**
- **Pray** **Strengthen Truths**

Finding Freedom Fundamentals

Reflect

Repent

Respond

Lifestyle

- **Practices you value**
- **Values you practice**