

## Three R's (Realize)

- ☞ That God is in control (Dan. 4:3, 17, 25-27, 34-35)
- ☞ That We Don't or Can't Understand All Events in the World – Live By Faith! (Hab. 2:4)
- ☞ What deep-seated angry does to families (Eph. 6:4)
- ☞ We can't have peace with sin in our lives (Isa 57:20-21)

## No Peace for the Wicked

Isaiah 57:20-21

But the wicked are like the troubled sea,  
When it cannot rest,  
Whose waters cast up mire and dirt.

[21] "There is no peace,"  
Says my God, "for the wicked."

## Three R's (Reason)

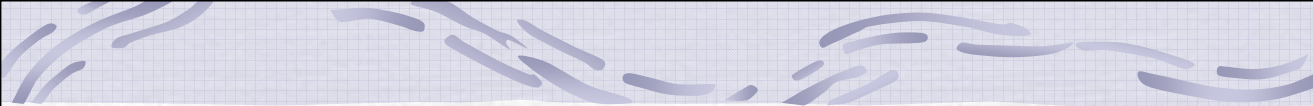
### *Reason*

- What will our quitting accomplish?  
(Heb. 12:12-15)
- What will worry accomplish?


## Three R's (Resolve)

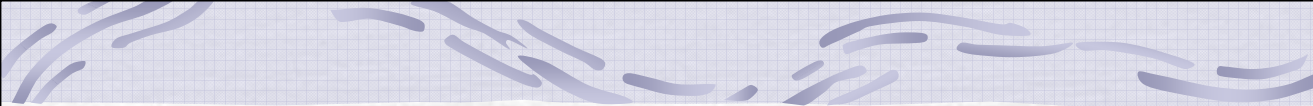
### *Resolve To*

- ☛ Pray (Phil. 4:6-7; Dan. 6:10)
- ☛ Think on good things (2 Cor. 10:5; Phil. 4:8)
- ☛ Take charge of your lives (Rom. 8:31-39)
- ☛ Turn attention upon others (Gal. 6:10)




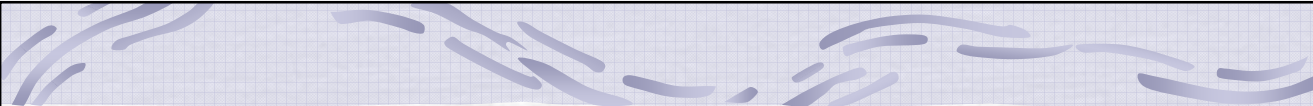
“Therefore humble yourselves  
under the mighty hand of God,  
that He may exalt you in due  
time, casting all your care upon  
Him, for He cares for you.”  
(1 Pet. 5:6-7)





“Cast your burden on the LORD,  
And He shall sustain you; He  
shall never permit the righteous  
to be moved.”  
(Psa. 55:22)





Let your conduct be without  
covetousness, and be content with such  
things as you have. For He Himself has  
said, "I will never leave you nor forsake  
you."

So we may boldly say: "The Lord is my  
helper; I will not fear. What can man do  
to me?" (Heb. 13:5-6)

