When the Heat is On

Jeremiah 17:7,8 *"Blessed are those who trust in the Lord and have made the Lord their hope and confidence. They are like trees planted along a riverbank, with roots that reach DEEP into the water. Such trees are not bothered by the HEAT or worried by a drought. Their leaves STAY green, and they go right on producing delicious fruit."*

Psalms 1:3 *"We can be like trees planted along the riverbank, bearing fruit each season without fail. Our leaves will never wither and in all we do, we prosper."*

WHEN THE HEAT IS ON 3 Things We can do to survive & thrive

#1) STAY _____!

Coming to Him is coming to the water that will HYDRATE your soul! Drink everyday of His presence, drink often from Him!

John 7:37, John 4:14, Matthew 5:6

#2) STAY _____!

What would happen if we purposefully nourished ourselves in times of pressure and stress? What if we upped our quantity and quality?

I Timothy 4:6 "Nourish your own self on the truths of the faith and the good Christian instruction which you carefully follow."

#3) FIND SOME _____ IN THE SHADE!

Matthew 11:28 "Come to me all you who are weary, heavy laden and over burdened and I will give you rest."

Matthew 11:28-30 MSG version "Are you tired, worn out, burned out on religion? Come to me and take a REAL rest. Walk with me and work with me – watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

Learn the unforced rhythms of God's grace!

CORE STATEMENT: I will make the effort each day to refuel my spiritual life with God's best! I realize that the pressure is real, and I will stand with God's provisions each day of my life, equipped and supplied to live in total victory!