



Bible Study

Wednesday, May 11, 2022

The Stressless Life

(Based on the book by Vance Pitman)

Stress steals our joy, interrupts our sleep, affects our relationships, and wears us down. We cannot escape the realities and relationships that cause stress, so we must find ways to deal with it.

How Do I Cling to God's Peace in the Face of Spiritual Attack?

I. Guard Your Heart

1. Because your heart determines the course of your life. *Proverbs 4:23*

II. See the Enemy

1. Satan is real.
- He is a fallen angel. *Ezekiel 28:14-15*
 - He has fallen angels under his command. *Ephesians 6:12*
2. Satan is a liar.
- He is the father of lies. *John 8:44*
 - He lied to Adam and Eve. *Genesis 3:1-6*
3. Satan is defeated.
- His days are numbered. *Revelation 20:10*

III. Set the Agenda When Being Attacked Spiritually

1. Guard your **mouth** – what you say. *Proverbs 4:24*
2. Guard your **eyes** – what you look at. *Proverbs 4:25*
3. Guard your **feet** – where you go. *Proverbs 4:26-27*

Brothers and Sisters, in order to limit the stress in your life caused by spiritual attack, you must keep watch over your heart, your mouth, your eyes and your feet.