

Life is Like a Roller Coaster **What To Do When You're Stuck**

Our Mission: To take as many people to Heaven as we can before we die. Period.

Going nowhere fast eventually makes you sick.

Hope deferred makes the heart sick, but a dream fulfilled is a tree of life. **Proverbs 13:12 NLT**

Unrelenting disappointment leaves you heartsick, but a sudden good break can turn life around. **Proverbs 13:12 MSG**

1. Cry out to God for help.

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. **Philippians 4:6-7 NLT**

2. Fix your thoughts.

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. **Philippians 4:8 NLT**

For I can do everything through Christ, who gives me strength. **Philippians 4:13 NLT**

3. Copy the best practices of those who have already have what you want.

Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you. **Philippians 4:9 NLT**

4. To go to your next level, you will need a sponsor.

As you know, you Philippians were the only ones who gave me financial help when I first brought you the Good News...No other church did this...you sent help more than once. I don't say this because I want a gift from you. Rather, I want you to receive a

reward for your kindness. At the moment I have all I need—and more! I am generously supplied with the gifts you sent me with Epaphroditus. They are a sweet-smelling sacrifice that is acceptable and pleasing to God. And this same God who takes care of me will supply all your needs from his glorious riches, which have been given to us in Christ Jesus. Now all glory to God our Father forever and ever! Amen. **Philippians 4:15-20 NLT**

5. Share the final 10 percent.

Make this your common practice: Confess your sins to each other and pray for each other so that you can live together whole and healed. The prayer of a person living right with God is something powerful to be reckoned with. **James 5:16a MSG**

Critical factors in sharing the final 10:

- a. Find accountability.**
- b. Create a climate of acceptance.**
- c. Keep it in the room.**

Message Notes: The Holy Bible, New Living Translation. The Message, by Eugene Peterson. The 4:8 Principle, by Tommy Newberry. Hostage-3, Addictions, by Craig Groeschel. Give the Lady a Hand, by Bishop T. D. Jakes. Change Anything, by Kerry Patterson, Joseph Grenny, David Maxfield, Ron McMillan, and Al Switzler.