

It's Just a Bad Day Not a Bad Life

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Jeremiah 45:1-5 NIV

¹This is what Jeremiah the prophet told Baruch son of Neriah in the fourth year of Jehoiakim son of Josiah king of Judah, after Baruch had written on a scroll the words Jeremiah was then dictating: ²“This is what the LORD, the God of Israel, says to you, Baruch: ³You said, ‘Woe to me! The LORD has added sorrow to my pain; I am worn out with groaning and find no rest.’” ⁴[The LORD said,] “Say this to him: ‘This is what the LORD says: I will overthrow what I have built and uproot what I have planted, throughout the land. ⁵ Should you then seek great things for yourself? Seek them not. For I will bring disaster on all people, declares the LORD, but wherever you go I will let you escape with your life.’”

Matthew 11:28-30 NKJV

Come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.”

Matthew 6:33 NKJV

But seek first the kingdom of God and His righteousness, and all these things shall be added to you.

Psalms 27:4 NKJV

One thing I have desired of the LORD, That will I seek: That I may dwell in the house of the LORD All the days of my life, To behold the beauty of the LORD, And to inquire in His temple.

1. HAVE SOBER THOUGHTS ABOUT YOURSELF

Romans 12:3 NLT

Because of the privilege and authority God has given me, I give each of you this warning: Don't think you are better than you really are. Be honest in your evaluation of yourselves, measuring yourselves by the faith God has given us.

2. BE CONTENT WHERE YOU ARE

Philippians 4:11 MSG

Actually, I don't have a sense of needing anything personally. I've learned by now to be quite content whatever my circumstances.

3. WAIT EXPECTANTLY

Psalms 130:5 TLB

That is why I wait expectantly, trusting God to help, for he has promised.