



HOLDING IT TOGETHER

HOLDING IT TOGETHER UNDER STRESS

The Son is before all things, and **IN HIM ALL THINGS HOLD TOGETHER.**

Colossians 1:17

God's secret to **Holding It Together Under Stress** is
living with **Jesus at the center** of my life.

HOLDING IT TOGETHER UNDER STRESS

Colossians 3:15-17

“Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Let the word of Christ dwell in you richly as you teach and encourage one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through Him.”

4 PLACES to GO and GROW

(In the Peace of Christ Who Holds It Together)

1. MY CLOSET (Personal experience with Jesus)

“And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. But when you pray, go into your closet, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.” **Matthew 6:5-6**

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Colossians 3:15

“Let the **PEACE OF CHRIST** rule in your hearts....”

4 PLACES to GO and GROW

(In the Peace of Christ Who Holds It Together)

1. MY CLOSET (Personal experience with Jesus)
2. MY BIBLE (Personal experience with God's Word)

“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?”

Matthew 6:25-26

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Colossians 3:16

“Let the **WORD** of Christ dwell in you richly...”

4 PLACES to GO and GROW

(In the Peace of Christ Who Holds It Together)

1. MY CLOSET (Personal experience with Jesus)
2. MY BIBLE (Personal experience with God's Word)
3. MY GROUP (Personal experience with God's people)

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Colossians 3:15-16

“Let the **PEACE** of Christ rule in your hearts, since as members of **ONE BODY** you were called to **PEACE**....as you teach and encourage one another, and as you sing psalms, hymns and spiritual songs together....”

4 PLACES to GO and GROW

(In the Peace of Christ Who Holds It Together)

1. MY CLOSET (Personal experience with Jesus)
2. MY BIBLE (Personal experience with God's Word)
3. MY GROUP (Personal experience with God's people)
4. **MY CHURCH (Personal experience in Worship)**

"Do not be anxious about anything but in everything by prayer and petition, with THANKSGIVING, present your requests to God. And the PEACE of God will guard your hearts and minds in Christ Jesus."
Philippians 4:6-7

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Colossians 3:15-17

"Let the **PEACE** of Christ rule in your hearts.... And be **THANKFUL**.... As you sing psalms, hymns and spiritual songs with **GRATITUDE** in your hearts to God.... In the name of the Lord Jesus, giving **THANKS** to God the Father through Him."



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