

Table of Contents

Acknowledgments

Hope in the Storm

Chapter 1: Stress

Seeking Solitude (Mark 6:30)

The Value of Rest (Mark 6:31b-32)

A Balancing Act (Mark 6:32-34)

A Parenting Lesson (Mark 1:35)

Setting Priorities (Mark 1:36-37)

Staying Focused (Mark 1:38-39)

Sitting with Jesus (John 6:2-3)

Who Are You? (John 6:15a)

Building a Relationship (John 6:15b)

There Is Hope (Luke 3:21)

Experiencing Acceptance (Luke 3:22)

Managing Stress

Chapter 2: Illness

Choose Hope (Mark 5:24b-26)

“If . . .” (Mark 5:27-28)

An Intimate Connection (Mark 5:29)

“Here I Am” (Mark 5:30-31)

The Whole Truth (Mark 5:32-33)

Child of God (Mark 5:34)

Your Point of Need (Mark 5:21-24)

“Only Believe” (Mark 5:35-36)

The Power of Hope (Mark 5:37-40a)

The Miracle of Love (Mark 5:41-43)

Comforting Words (Luke 5:17)

Prayer in Motion (Luke 5:18)

On the Receiving End (Luke 5:19)

Take Heart (Matthew 9:1b-2)

Dealing with Illness

Chapter 3: Worry

What Will They Think? (Matthew 1:19)

“Do Not Be Afraid” (Matthew 1:20b)

One Thing Will Not Change (Matthew 2:13)

Come Home (Matthew 2:23)

Why Worry? (Matthew 6:27)

True Freedom (Matthew 6:28-33)

Just As I Am (Luke 10:38-40a)

Choose What Is Better (Luke 10:40b-42)

Another Alternative (Mark 6:35-37)

The Great Provider (Mark 6:38-42)

The Cushion (Mark 4:37-38)

Managing Worry

Chapter 4: Jealousy

Embarrassed to Silence (Mark 9:33-34)

A Different Standard (Mark 9:35)

The Arms of Love (Mark 9:36-37)

Love Conquers Jealousy (Mark 2:15-16)

Through the Eyes of Love (Mark 2:16b)

Number One Priority (Matthew 11:2-3)

Created for Partnership (Matthew 11:7-9)

God’s Value System (Matthew 11:11a)

Putting Jealousy into Perspective (Matthew 11:11b)

Glorify God (John 8:54)

Managing Jealousy

Chapter 5: Fear

The Lord Is with You (Luke 1:26-30)

Nothing Will Be Impossible with God (Luke 1:31-35a, 37)

The Power of Praise (Luke 1:46-47)

Do Not Be Discouraged (Matthew 14:22-24)

The Same Yesterday, Today, and Forever (Matthew 14:25)

“Do Not Be Afraid” (Matthew 14:26-27)

A Step of Faith (Matthew 14:28-29a)

Hear My Cry (Matthew 14:29b-30)

Refocus (Matthew 14:31-33)

Never Alone (Matthew 26:36-39)

The Friend Who Won't Fail (Matthew 26:40-41)
Learning to Overcome Fear

Chapter 6: Anger

Take Control (Matthew 21:12)
Righteous Anger (Matthew 21:13)
Love Always Triumphs over Anger (Matthew 21:14)
Pray for Wisdom (Luke 22:49-50)
"No More of This!" (Luke 22:51)
Respond Rather than React (John 8:3-6)
The Power of Reflection (John 8:7-9)
Beyond Bitterness (John 8:10-11)
Words of Healing (Matthew 5:21-22)
Mob Mentality (Matthew 26:65-68)
A Place of Fatigue (Matthew 21:18-19)
Fruit of Anger (Matthew 21:20-22)
Reconciliation (Matthew 5:23-24)
Managing Anger

Chapter 7: Unforgiveness

The Prelude to Forgiveness (Luke 15:18-19)
The Arms of Forgiveness (Luke 15:20-21)
Amazing Grace (Luke 15:22-24)
Forgiveness Goes Beyond "Fair" (Luke 15:25-28a)
Judgment and Self-Righteousness (Luke 7:39)
An Invitation to Introspection (Luke 7:40-43)
Love Precedes Forgiveness (Luke 7:43b-44a)
"Go in Peace" (Luke 7:44b-50)
The Link between Forgiveness and Unforgiveness (Luke 6:37b)
Lack of Compassion (Matthew 18:28-30)
"Seventy-Seven Times" (Matthew 18:21-22)
Learning to Forgive