

# STRESS

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The Israelites looked up, and there were the Egyptians, marching after them. They were terrified and cried out to the Lord. They said to Moses, "Was it because there were no graves in Egypt that you brought us to the desert to die? What have you done to us by bringing us out of Egypt? Didn't we say to you in Egypt, 'Leave us alone; let us serve the Egyptians'? It would have been better for us to serve the Egyptians than to die in the desert!" Moses answered the people, "Do not be afraid. Stand firm and you will see the deliverance the Lord will bring you today. The Lord will fight for you; you need only to be still."

*Exodus 14:10-14*

For God, who said, "Let light shine out of darkness, made his light shine in our hearts to give us the light of the knowledge of the glory of God in the face of Christ. But we have this treasure in jars of clay to show that this all-superseding power is from God and not from us. We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed."

*2 Corinthians 4:6-9*

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O LORD, you are my God; I will exalt you and praise your name. You have been a refuge for the poor, a refuge for the needy in his distress, a shelter from the storm and a shade from the heat.

*Isaiah 25:1, 4*

The LORD is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge. He is my shield and the horn of my salvation, my stronghold.

*Psalm 18:2*

Surely God is my salvation; I will trust and not be afraid. The LORD, the LORD, is my strength and my song; he has become my salvation.

*Isaiah 12:2*

The LORD is good, a refuge in times of trouble. He cares for those who trust in him.

*Nahum 1:7*

The LORD said to Joshua, "Do not be afraid; do not be discouraged."

*Joshua 8:1*

Be still, and know that I am God.

*Psalm 46:10*