

# Five Ways to Destress Part 1

## John 14:27 (AMPC)

Peace I leave with you; My [own] peace I now give and bequeath to you. Not as the world gives do I give to you. Do not let your hearts be troubled, neither let them be afraid. [Stop allowing yourselves to be agitated and disturbed; and do not permit yourselves to be fearful and intimidated and cowardly and unsettled.]

## Matthew 11:28 (AMPC)

Come to Me, all you who labor and are heavy-laden and overburdened, and I will cause you to rest. [I will ease and relieve and refresh your souls.]FootnotesMatthew 11:28William Tyndale, The Tyndale Bible. Matthew 11:28John Wycliffe, The Wycliffe Bible. Matthew 11:28Joseph Thayer, A Greek-English Lexicon.

## Psalms 32:1 (AMPC)

[A Psalm of David.] A skillful song, or a didactic or reflective poem. Blessed (happy, fortunate, to be envied) is he who has forgiveness of his transgression continually exercised upon him, whose sin is covered.

## Psalms 32:2 (AMPC)

Blessed (happy, fortunate, to be envied) is the man to whom the Lord imputes no iniquity and in whose spirit there is no deceit.

## Psalms 32:3 (AMPC)

When I kept silence [before I confessed], my bones wasted away through my groaning all the day long.

## Psalms 32:4 (AMPC)

For day and night Your hand [of displeasure] was heavy upon me; my moisture was turned into the drought of summer. Selah [pause, and calmly think of that]!

## Psalm 34:5 (AMPC)

They looked to Him and were radiant; their faces shall never blush for shame or be confused.

## 1 Peter 2:23 (AMPC)

When He was reviled and insulted, He did not revile or offer insult in return; [when] He was abused and suffered, He made no threats [of vengeance]; but he trusted [Himself and everything] to Him Who judges fairly.

## Matthew 26:37 (AMPC)

And taking with Him Peter and the two sons of Zebedee, He began to show grief and distress of mind and was deeply depressed. FootnotesMatthew 26:37Marvin Vincent, Word Studies. Matthew 26:37George R. Berry, Greek-English New Testament Lexicon.

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