

We Need:**To:****STOP**

Boldness	...be plain-spoken or courageous in speaking our thoughts.	...fear, shyness and manpleasing thoughts.
Compassion	...feel or be touched by what we or others are going through.	...being without feeling or concern for others.
Contentment (peace, patience, temperance, trust, assurance)	...be satisfied with our life and our present limits (although we should still be open to all God has to offer).	...complaining, dissatisfaction with our life, nagging thoughts that we "should have" things beyond our present limits.
Dedication	...renew and maintain our long-term commitments to God, ourselves, our families and others.	...being uncommitted to God, or doing good things <i>only</i> because we feel obligated or because others do them.
Discernment	...understand, identify and separate the good from the bad.	...confusing good with evil or thinking it doesn't matter.
Faith	...believe deeply in the things of God, hold them firmly in our mind.	...wavering, and doubting God and the things that are good.
Gentleness	...be gentle toward ourselves and others.	...harsh, judgmental and angry thoughts.
Goodness	...be cheerful, optimistic, happy, enthusiastic, and lighthearted.	...depression, boredom, pessimism, selfishness, complaining.
Steadfastness	...be steady, not wavering, solid in God's faith.	...being wishy-washy and fickle, giving up, wanting to run away.
Strength	...be responsible and ready to take on the task at hand.	...thinking "I can't" or always wanting somebody to do it for us.
Supplications	...make us more hungry for God and help us pray.	...being complacent, not caring, afraid to ask.
Temperance	...be moderate or avoid extremes.	...doing or wanting anything <i>too</i> much, "all or nothing."
Trust	...rely or count on God to see us through.	...worry, pressure, mistrust, thinking God doesn't care.
Truth	...have a better memory of God's words and spirit.	...forgetfulness.
Understanding	...see clearly the blueprint of life and death.	...building or reinforcing confusion or separation through misunderstanding.
Utterance	...express ourselves and our emotions more clearly.	...letting others do our talking for us, being timid or shy.

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Virtue	...be sensitive and able to communicate on someone else's level.	...insensitivity to the needs or position of others, a lack of skill in making complex ideas simple.
Wisdom	...make decisions that create life in ourself and others.	...being gullible, easily tricked.
Workmanship	...be skillful at whatever task is at hand.	...thinking we can't do a job well enough so there is no point trying.
Worship	...give glory to God for everything.	...self-glory, selfishness.
Zeal	...be more decisive and determined in everything.	...indecision, procrastination, lukewarm about God and life.



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TOOLS TO STOP STRESS

God has many spiritual “tools” to give us to help us fight against sin and spiritual immaturity in our minds which cause our mental “stress.” This enemy (stress) is *not* us. *We* (the soul) are trying to make good decisions about our attitudes, thoughts, and feelings. The enemy is any attitude, thought or feeling that robs us of hope, peace of mind, or life itself. To use the following chart entries, read: “We Need Anger...to be angry at evil thoughts so we will fight them instead of giving up or agreeing with them” and “to Stop...even ‘nice’ evil thoughts such as manpleasing or attention seeking.”

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Anger	...be angry at evil thoughts so we will fight them instead of giving up or agreeing with them.	...even “nice” evil thoughts such as manpleasing or attention seeking.
Anointing	...enliven the lines of thought God has taught us so we can speak his messages clearly.	...a dull, dry or halting presentation of God’s ideas.
Appreciation (a mixture of love, grace, workmanship)	...recognize and be grateful for all aspects of the life God has given us.	...taking any aspect of our life for granted and being ungrateful.
Assurance	...feel secure in our choices and to confidently speak God's word.	...inferior thoughts, doubting our choices and abilities.

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<p>Inspiration (anointing, workmanship, utterance, prophecy)</p> <p>Jealousy</p> <p>Joy</p> <p>Judgment</p> <p>Kindness</p> <p>Knowledge</p> <p>Longsuffering</p>	<p>...stimulate good thoughts, emotions and actions.</p> <p>...feel protective of God's word and spirit in ourselves and others.</p> <p>...have and feel all varieties of God's sense of humor.</p> <p>...use common sense and evaluate things carefully; to put things in perspective.</p> <p>...be courteous, considerate, think of others feelings and needs.</p> <p>...enliven concepts and organize our thoughts so the information we have is more easily accessible to us.</p> <p>... realize that every process takes time and learning.</p>	<p>...feeling bored, weary, disinterested.</p> <p>...not caring what we think or how we use God's holy spirit.</p> <p>...being a sour-puss, stick-in-the-mud, way too serious, feeling blue.</p> <p>...making poor decisions (e.g. carelessly or too quickly).</p> <p>...being inconsiderate, competitive, pushy, rude, and selfish.</p> <p>...scattered or disconnected thoughts, making us unable to quickly access information in our mind.</p> <p>...pressure and impatience toward ourselves and others.</p>
<p>Love</p> <p>Meekness</p> <p>Mercy</p> <p>Might</p> <p>Obedience</p> <p>Patience</p> <p>Peace</p>	<p>... give to others the things of God freely, without expecting anything in return.</p> <p>...be teachable and receptive to truth, whatever the source.</p> <p>...be tolerant and forgiving of ourselves and others when things are done wrong or mistakes are made.</p> <p>...have an extra surge of mental power for any work we need to do.</p> <p>...be ready to receive God's instructions for the purpose of willingly obeying them.</p> <p>...work God's word and spirit and give it time to grow.</p> <p>...have a sure, settled feeling of calm in good times and bad.</p>	<p>...fear, wanting to hurt others, or having strings attached to what we give.</p> <p>...being closed minded, self-right, taking things personally.</p> <p>...being judgmental, condemning ourselves and others, and holding grudges.</p> <p>...being a "doormat" for thoughts that repeatedly get the better of us.</p> <p>...disobeying or being unwilling to do what God asks of us or the things we <i>need</i> to do.</p> <p>...being stagnant in our spiritual growth.</p> <p>...fear, worry, pressure, anger, speaking too quickly.</p>

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Pity	...be tenderhearted and sensitive to feel God's emotions.	...acting "tough," "hard," "cold," or "macho."
Promise	...seal off our mind from bad thoughts or feelings.	...being "open" to harmful thoughts or emotions.
Prophecy	...inspire us to teach God's plan to destroy evil and restore heaven and earth.	...a lack of clarity and inspiration in telling God's plan for the future.
Respect (compassion, judgment, love, sobriety, pity, temperance, kindness, goodness)	...be able to recognize and honor the good in others; to see each soul as valuable.	...scorning and abusing others and thinking others have nothing to contribute.
Revelation	...open up or quicken ideas we have been taught.	...a lack of awareness of the import of God's ideas.
Righteousness	...understand and govern our life by God's standards.	...lying, stealing, cutting corners, short changing God and others.
Sobriety	...have discipline and willpower, and to realize the seriousness of our choices.	...being undisciplined, attempting to make life a game, wanting to remain a carefree, irresponsible kid.
Grace	...have spiritual power over every evil thought and give thanks to God for every good thing.	...any evil thought.
Healing	...heal the damage done to our minds by evil thoughts.	...thinking we'll never recover from a spiritual setback.
Holiness	...desire to be godly, to keep our minds and lives pure.	...not caring what kind of person we are or how we do things.
Honesty	...search our thoughts and be sincere, to tell the truth.	...lying, manipulating, justifying, self-right, and thinking <i>we</i> are the enemy.
Humility	...depend on God and realize we really are dependent on others.	...thinking we are independent of God or self-sufficient.
Instruction	...help us receive God's guidance, work within His order and lead us in teaching others.	...being without God's leading and guidance in our lives.
Interpretation	...help us "translate" languages, dreams, or what others say.	...a lack of understanding of what God or others are saying to us, or assuming things to be a certain way.