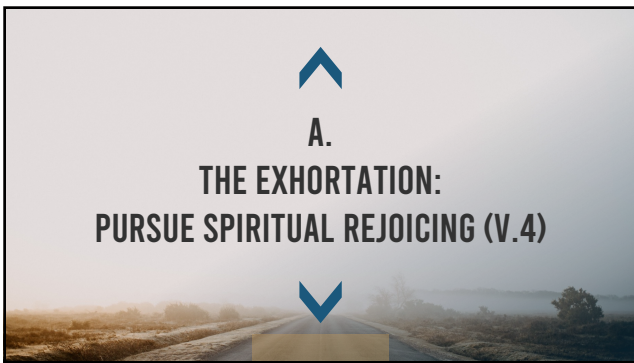
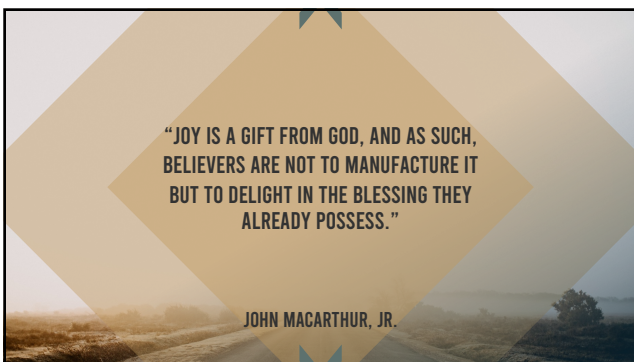




122



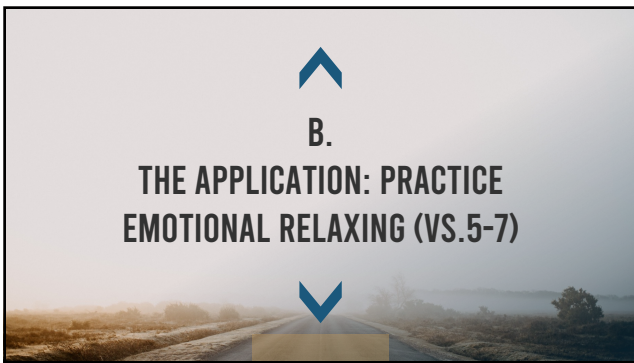
123



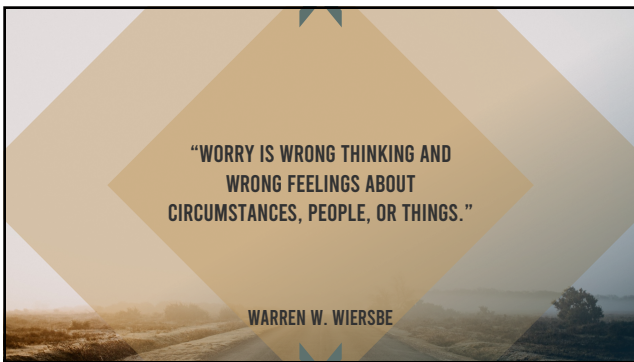
124



125




126



127

B.
THE APPLICATION: PRACTICE EMOTIONAL RELAXING (VS.5-7)

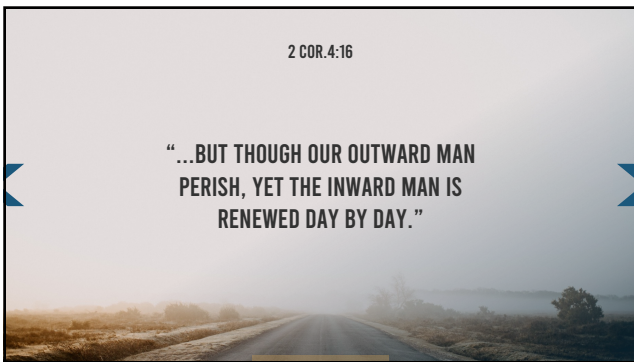
A. RELAX DURING PHYSICAL INFIRMITY



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2 COR. 4:16

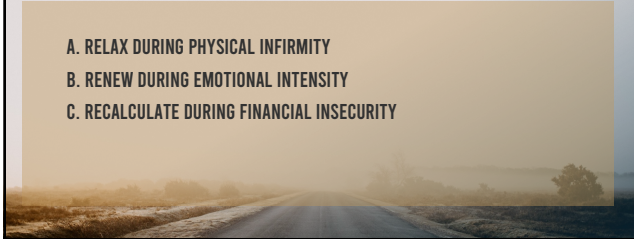
“...BUT THOUGH OUR OUTWARD MAN PERISH, YET THE INWARD MAN IS RENEWED DAY BY DAY.”



129

B.
THE APPLICATION: PRACTICE EMOTIONAL RELAXING (VS.5-7)

A. RELAX DURING PHYSICAL INFIRMITY
B. RENEW DURING EMOTIONAL INTENSITY
C. RECALCULATE DURING FINANCIAL INSECURITY



130

1 TIM.6:6-8

“BUT GODLINESS WITH CONTENTMENT IS GREAT GAIN; FOR WE BROUGHT NOTHING INTO THIS WORLD, AND IT IS CERTAIN THAT WE CAN CARRY NOTHING OUT. AND HAVING FOOD AND RAIMENT LET US BE THEREWITH CONTENT.”

131

B.
THE APPLICATION: PRACTICE EMOTIONAL RELAXING (VS.5-7)

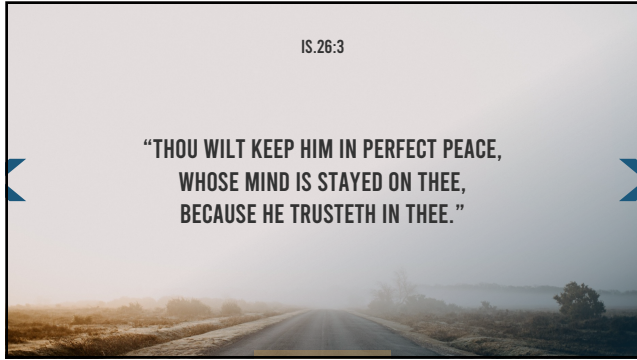
- A. RELAX DURING PHYSICAL INFIRMITY
- B. RENEW DURING EMOTIONAL INTENSITY
- C. RECALCULATE DURING FINANCIAL INSECURITY
- D. RECONCILE DURING RELATIONAL INSTABILITY

132

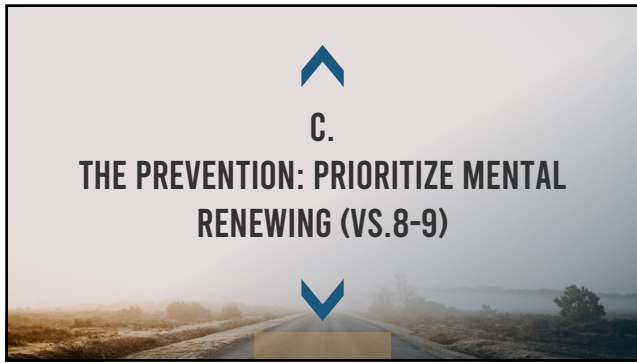
1 PET.5:7

“CASTING ALL YOUR CARE UPON HIM...”

133



134



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