



**Tests**  
**Surviving Life's Toughest Moments**

**Lesson Three: Detaching from Tests**  
May 30 & 31

Understand/Navigate/Detach/Oppose

**God wants you to exchange your problems for His presence**

**Combat stress reaction (CSR)**

**The most common reactions of CSR include:**

- The slowing of reaction time
- Slowness of thought
- Difficulty prioritizing tasks
- Difficulty initiating routine
- Preoccupation with minor issues and familiar tasks
- Indecision and lack of concentration
- Loss of initiative with fatigue
- Exhaustion tasks

**Military Treatment for CSR "The Four R's"**

- **Rest**
- **Replenishment**
- **Reassurance**
- **Restoration**

1. Hand your problems off to God

**1 Peter 5:7 Give all your worries and cares to God, for he cares about you. New**

## *Living Translation*

1. Hand your problems off to God

**Philippians 4:6** Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, **letting God know your concerns.** **7** Before you know it, a sense of God's wholeness, everything coming together for good, **will come and settle you down.** It's wonderful what happens when Christ displaces worry at the center of your life. *The Message Bible*

2. Place yourself in the hands of God

**James 4:8** And **when you draw close** to God, **God will draw close** to you. Wash your hands, you sinners, and let your hearts be filled with God alone to make them pure and true to him. *Living Bible*

**Isaiah 40:28** Don't you yet understand? Don't you know by now that the everlasting God, the Creator of the farthest parts of the earth, **never grows faint or weary?** No one can fathom the depths of his understanding. *Living Bible*

**Isaiah 40:29** **He gives** power to the tired and worn out, and strength to the weak. **30** Even the youths shall be exhausted, and the young men will all give up. *Living Bible*

**Isaiah 40:31** **But they** that **wait upon** the Lord shall **renew** their strength. They shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint. *Living Bible*

**Wait upon:** To be wound tightly to another with great expectancy

**Renew:** To revive, to gain new strength, to exchange strength for strength

**Psalms 31:19** How abundant are the good things that you have stored up for those who fear you, that you bestow in the sight of all, on those **who take refuge in you.** *New International Version*

**Psalms 31:20** In the **shelter of your presence** you hide them from **all human conspiracies;** you **keep them safe** in your dwelling from accusing tongues. *New International Version*

**Psalms 31:21** Praise be to the Lord, **for he showed me the wonders of his love** when I was **in a city under siege.** *New International Version*

**Psalms 27:5** For in the day of trouble **he will keep me safe in his dwelling;** he will hide me in the shelter of his sacred tent and **set me high upon a rock.** *New International Version*

***Psalms 27:6*** Then my head will be **exalted above** the enemies who surround me; at **his sacred tent** I will sacrifice with shouts of joy; **I will sing and make music to the Lord.** *New International Version*

***Philippians 4:4*** Rejoice **in the Lord** always. I will say it again: Rejoice! *New International Version*