

Finish Line # 4: Life's Pit Stops

Hebrews 4:12; Matthew 6:5-13; Proverbs 7:1-3

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Key Truth: Life gets tough, so we need to take numerous pit stops!

Pit Stop # 1: Read ... spend some time in God's Word. (Hebrews 4:12)

- You need the nourishment of this "bread of life."
- God has revealed Himself in the Word.
- There are many tools available to help you.

Pit Stop # 2: Pray ... talk to God about what is on your heart.

- Worship – Loving and praising God.
- Confession – Owning up to the sin in your life and seeking God's cleansing.
- Thanksgiving – Being sure to thank God for what He has already done in your life.
- Asking – Specifically requesting that God meet your specific needs and the needs of others in your life.
- Listening – Truly getting quiet before the Lord.

**Pit Stop # 3: Write ... keep a journal of your daily journey with God.
(Proverbs 7:1-3)**