

As promised, here are the three sets of ten points used during the sermon of June 24:

Ten Symptoms of Having One's Strength in God—to feel "at home"(v. 3)

1. A growing confidence—"in God" for life's circumstances
2. An unmistakable ability to enjoy each moment
3. An increasing sense of Trust
4. A loss of interest in judging other people
5. A loss of interest in conflict
6. A loss of the ability to worry (this is a very serious symptom)
7. Frequent, overwhelming episodes of appreciation
8. Contented feelings of connectedness with others, God and self
9. Frequent attacks of smiling
10. An increased susceptibility to love extended by others as well as the uncontrollable urge to extend it

Ten Ways to Change a Valley of Tears into Places of Springs (v. 6).

1. Let the tears come—"There is a time to weep and a time to laugh." (Ecclesiastes 3)
2. Talk it out with someone who is a really great listener
3. Turn it over to God—again and again and again
4. Pray
5. Meditate on God's Promises. Dwell especially in Psalms 84-150 (lots of Joy here)
6. Make good decisions/you may need the help and accountability of a friend
7. Do what is right
8. Prepare for the unexpected
9. Take care of your physical body
10. Take your fishing pole

Ten Ways to Make Your "Life a Road on Which God Travels" (v. 5)

1. Build an "on ramp"
2. Let Jesus take the wheel
3. Begin and end each day/journey with God, and lots of times in between
4. Follow the Map: Read the Scriptures
5. Buy a Sun Pass
6. Obey the Signs—do what is right
7. Keep within the speed limit (pace yourself)
8. Pull off at the rest stop every seven days (Sabbath)
9. Don't always travel alone (community)
10. Acknowledge Whose Road it is always