



# What Do You *Know*?



An InstaBook by  
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Is it possible to be stress- and  
distress-free?

*Yes!*

Second Corinthians 4:8 (*KJV*) says,  
“We are troubled on every side, yet  
not distressed; we are perplexed, but  
not in despair.”



People in this world don't understand how to live like that.

They'll look at you and think, *Bless his heart. He just doesn't have sense enough to see how much trouble he's in. He acts like he's on a vacation. Doesn't he know the world is crashing in around him?*



But you can live different from the world. You can count it all joy when you're in the midst of trials and tribulations (James 1:2).

You can do that because even though you may not know all the details about what to do in a certain situation, or know what's coming next, you *do* know some things.



You *know*, for instance, that God will never leave you nor forsake you (Hebrews 13:5).

You *know* He will always cause you to triumph (2 Corinthians 2:14).

You *know* He is faithful, and He cares for you (1 Corinthians 1:9; 1 Peter 5:7).



Trusting the Word of God makes you sure. It makes you bold. It sets you free.

There will always be things we don't know or understand, but we can trust in the One who does. If we're walking in this kind of faith, we can relax.



The world believes trouble equals distress. It doesn't. Not for faith people. We are seated together with God in heavenly places.

His Word is truth, and if you'll stay in faith regarding that truth, there's one thing you can count on for sure:  
*You know!*



# THE END

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