

FRAZZLED

CLASS

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To the leader: As you announce this class, just say it is a class on stress and being frazzled, and that all are welcome to come and bring their stress and frazzlement and that we will start at exactly _____ on (day and date). DO NOT ANNOUNCE WHAT YOU ARE GOING TO DO. Consider having a day time class as well as an evening class.

You will need your room setup with tables and you will need colors (we highly recommend Crayola® brand) and enough of the second sheet for every one to have one. Hide them in the center of the table under a napkin. You will also need the audio of Gary reading the attached verses mixed with some soft, quiet music. Test before others arrive for volume - you want everyone to be able to hear it, but you do want it as soft as possible.

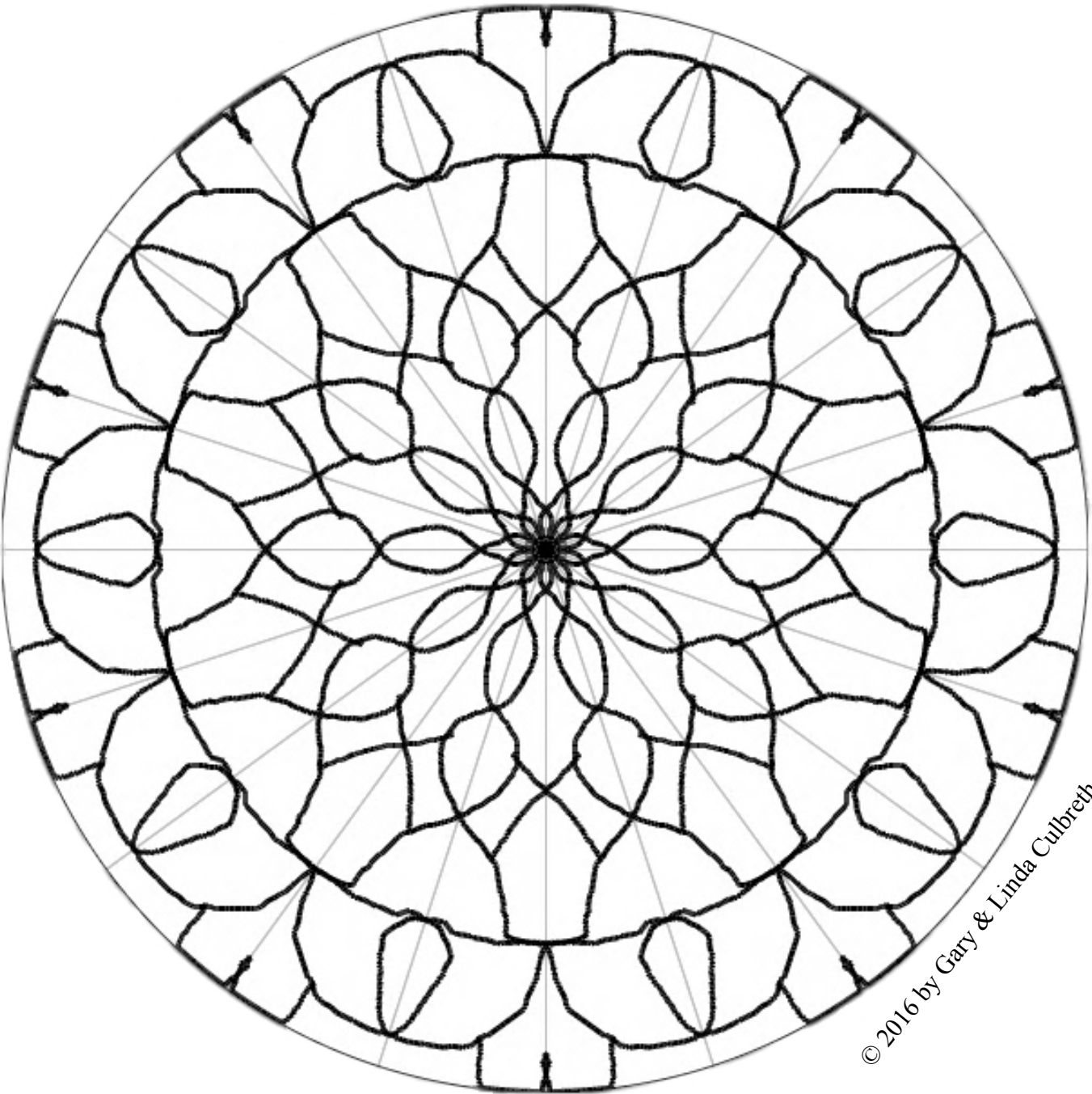
Have a “guard” posted at the door to “sh-h-h-h” every late comer to quietness, so as not to disturb others.

1. Start on time by welcoming everyone. Ask everyone to turn off phones [including yours]. You will remind them to turn them back on in a little while.
2. Let’s pray: “Lord, we ask humbly that you take this time and fill each of us with Your peace, regardless of the stress and frazzleness we are under. For this time, bless all of us with Your Presence and stillness. And, Father, we thank You that as we are still and draw near to You, and resist the devil, that Your Word promises us that he must flee from us. We thank You, Precious Jesus,. Amen.”
3. Play the audio, just loud enough for everyone in the room to hear, but not too loud.
4. Instructions: “Please remove the the napkin and take a sheet and some colors. You will need to share the colors.” *Do the class yourself.*
5. When the music stops, tell everyone “thank you for coming. Please take your sheets, turn your cell phones back on, and leave quietly.”
6. This is a simple, but very powerful class. This is not a time for additional teaching, nor prayer requests. **Let The Word of God do the work and do the ministering.**

Be blessed in The Name of Jesus! We know we are!

Gary & Linda Culbreth

FRAZZLED



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For more pictures, please go to <http://tiny.cc/Stressed>



Verses for FRAZZLED

For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of Peace. Isaiah 9:6

The way of peace they know not; and there is no judgment in their goings: they have made them crooked paths: whosoever goeth therein shall not know peace. Isaiah 59:8

Finally, brethren, farewell. Be perfect, be of good comfort, be of one mind, live in peace; and the God of love and peace shall be with you. 2 Corinthians 13:11

And the fruit of righteousness is sown in peace of them that make peace. James 3:18

And if the son of peace be there, your peace shall rest upon it: if not, it shall turn to you again. Luke 10:6

Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid. John 14:27

Salt is good: but if the salt have lost his saltness, wherewith will ye season it? Have salt in yourselves, and have peace one with another. Mark 9:50 |

Stand in awe, and sin not: commune with your own heart upon your bed, and be still. Selah. Psalms 4:4

Be still, and know that I am God: I will be exalted among the heathen, I will be exalted in the earth. Psalms 46:10

Blessed are they that dwell in thy house: they will be still praising thee. Selah. Psalms 84:4

And he arose, and rebuked the wind, and said unto the sea, Peace, be still. And the wind ceased, and there was a great calm. Mark 4:39

Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time: Casting all your care upon him; for he careth for you. Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour: Whom resist stedfast in the faith, knowing that the same afflictions are accomplished in your brethren that are in the world. But the God of all grace, who hath called us unto his eternal glory by Christ Jesus, after that ye have suffered a while, make you perfect, stablish, strengthen, settle you. To him be glory and dominion for ever and ever. Amen. 1 Peter 5: 6-11

When I heard, my belly trembled; my lips quivered at the voice: rottenness entered into my bones, and I trembled in myself, that I might rest in the day of trouble: when he cometh up unto the people, he will invade them with his troops. Although the fig tree shall not blossom, neither shall fruit be in the vines; the labour of the olive shall fail, and the fields shall yield no meat; the flock shall be cut off from the fold, and there shall be no herd in the stalls: Yet I will rejoice in the LORD, I will joy in the God of my salvation. The LORD God is my strength, and he will make my feet like hinds' feet, and he will make me to walk upon mine high places. To the chief singer on my stringed instruments. Habakkuk 3: 16-19

To him which led his people through the wilderness: for his mercy endureth for ever. Psalms 136:16

And the LORD spake unto Moses in the wilderness of Sinai, saying, Numbers 3:14

Submit yourselves therefore to God. Resist the devil, and he will flee from you. James 4:7

And why have ye brought up the congregation of the LORD into this wilderness, that we and our cattle should die there? Numbers 20:4

It is better to dwell in the wilderness, than with a contentious and an angry woman. Proverbs 21:19

Harden not your heart, as in the provocation, and as in the day of temptation in the wilderness: Psalms 95:8

I did know thee in the wilderness, in the land of great drought. Hosea 13:5

And David heard in the wilderness that Nabal did shear his sheep. 1 Samuel 25:4

But made his own people to go forth like sheep, and guided them in the wilderness like a flock. Psalms 78:52

They wandered in the wilderness in a solitary way; they found no city to dwell in. Psalms 107:4

He turneth the wilderness into a standing water, and dry ground into watersprings. Psalms 107:35

And about the time of forty years suffered he their manners in the wilderness. Acts 13:18

Behold, I will do a new thing; now it shall spring forth; shall ye not know it? I will even make a way in the wilderness, and rivers in the desert. Isaiah 43:19

And he was there in the wilderness forty days, tempted of Satan; and was with the wild beasts; and the angels ministered unto him. Mark 1:13

Yea, forty years didst thou sustain them in the wilderness, so that they lacked nothing; their clothes waxed not old, and their feet swelled not. Nehemiah 9:21

Then shall the lame man leap as an hart, and the tongue of the dumb sing: for in the wilderness shall waters break out, and streams in the desert. Isaiah 35:6

And I will make with them a covenant of peace, and will cause the evil beasts to cease out of the land: and they shall dwell safely in the wilderness, and sleep in the woods. Ezekiel 34:25

(A Psalm of David, when he was in the wilderness of Judah.) O God, thou art my God; early will I seek thee: my soul thirsteth for thee, my flesh longeth for thee in a dry and thirsty land, where no water is; Psalms 63:1

For the LORD shall comfort Zion: he will comfort all her waste places; and he will make her wilderness like Eden, and her desert like the garden of the LORD; joy and gladness shall be found therein, thanksgiving, and the voice of melody. Isaiah 51:3

Until the spirit be poured upon us from on high, and the wilderness be a fruitful field, and the fruitful field be counted for a forest. Isaiah 32:15

When the poor and needy seek water, and there is none, and their tongue faileth for thirst, I the LORD will hear them, I the God of Israel will not forsake them. I will open rivers in high places, and fountains in the midst of the valleys: I will make the wilderness a pool of water, and the dry land springs of water. I will plant in the wilderness the cedar, the shittah tree, and the myrtle, and the oil tree; I will set in the desert the fir tree, and the pine, and the box tree together: That they may see, and know, and consider, and understand together, that the hand of the LORD hath done this, and the Holy One of Israel hath created it. Isaiah 41:17-20

Where no oxen are, the crib is clean: but much increase is by the strength of the ox. Proverbs 14:4

Color Time Peace of “Mine”™ may be used as a fundraiser for an individual or any group.

The program: 52 weeks of 10 pictures per week delivered to the buyer’s email in-box.

How do you (group) get paid?

1. Go to this website, <http://tiny.cc/stressfundraiser> and click on PROMOTE. You can access that page with your smart phone using the QR code below.



Sign up for a free account. Just follow the directions given. You will also need a free PayPal account to get paid. (www.paypal.com)

2. **Follow the affiliate directions to send people to the site. This is important if you wish to get paid.** Send folks to the sales page via social media, printed materials, however you wish, anywhere you wish.

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IMPORTANT - You are welcome to use FRAZZLED CLASS without any purchase at all by anyone. Just make enough copies of the picture for all in the class and have enough crayons or colored pencils. You are welcome to use our recording of Gary reading the Scriptures set to soft music. That music and this class are located at:

<http://lindaculbreth.com/FrazzledBibleClasswithAudio.html>

Be blessed in The Name above every name, Jesus!

We know we are!

Gary & Linda Culbreth