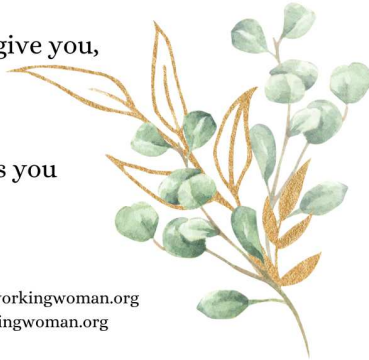


The Grasshopper Disease

From Jehoshaphat's prayer in 2 Chronicles 20:5-12

The Seven R's

1. **Recite** who God is—out loud, if possible
Get God-focused by reciting his characteristics and attributes.
2. **Remember** what God has done for you
It's easy to forget how God has worked for you previously!
3. **Recall** God's promises
Think of the promises God has given you, promises which cannot fail!
4. **Restate** the problem
Tell God exactly what you're facing, and how you feel about it.
5. **Release** the problem
Admit your inability to solve the problem and let go of it.
6. **Rejoice** in advance
Rejoice for the victory God will give you, even before you see it.
7. **Rest** in his love and grace
Enjoy the rest he will give you as you release the problem to him.



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