

# *Refresh*

## **“Squeeze Play”**

### **How Do I Stay in The Game When Life Is Putting on The Squeeze?**

#### **1. Make like a farmer.**

- **James 5:7:** *“Be patient, then, brothers, until the Lord's coming. See how the farmer waits for the land to yield its valuable crop and how patient he is for the autumn and spring rains.”*

#### **2. Firm up.**

- **James 5:8:** *“You too, be patient and stand firm, because the Lord's coming is near.”*

#### **3. Stop complaining.**

- **James 5:9:** *“Don't grumble against each other, brothers, or you will be judged. The Judge is standing at the door!”*

#### **4. Stay the course.**

- **James 5:10-11:** *“Brothers, as an example of patience in the face of suffering, take the prophets who spoke in the name of the Lord.  
<sup>11</sup>As you know, we consider blessed those who have persevered. You have heard of Job's perseverance and have seen what the Lord finally brought about. The Lord is full of compassion and mercy.”*

#### **5. Apply tongue control.**

- **James 5:12:** *“Above all, my brothers, do not swear—not by heaven or by earth or by anything else. Let your ‘Yes’ be yes, and your ‘No,’ no, or you will be condemned.”*