



(Job 9:25) "My life passes more swiftly than a runner. It flees away without a glimpse of happiness.

(Luke 21:34 NIV) "Be careful, or your hearts will be weighed down with carousing, drunkenness and the anxieties of life, and that day will close on you suddenly like a trap.

## AVOID THE TRAPS

√ The \_\_\_\_\_ trap.

(Proverbs 28:4) To reject the law is to praise the wicked; to obey the law is to fight them.

√ The \_\_\_\_\_ trap.

(Job 9:29 NLT) Whatever happens, I will be found guilty. So what's the use of trying?

√ The \_\_\_\_\_ trap.

(Ecclesiastes 10:10) Using a dull ax requires great strength, so sharpen the blade. That's the value of wisdom; it helps you succeed.

√ The \_\_\_\_\_ trap.

(Psalm 22:11) Do not stay so far from me, for trouble is near, and no one else can help me.

## RESISTING STRESS

1. Take \_\_\_\_\_.

(Psalm 90:12 CEV) Teach us to use wisely all the time we have.

(Proverbs 17:24) Sensible people keep their eyes glued on wisdom, but a fool's eyes wander to the ends of the earth.

2. Make the \_\_\_\_\_.

(John 12:44) Jesus shouted to the crowds, "If you trust me, you are trusting not only me, but also God who sent me.

(John 12:49-50) I don't speak on my own authority. The Father who sent me has commanded me what to say and how to say it. And I know his commands lead to eternal life; so I say whatever the Father tells me to say."

3. Pursue what \_\_\_\_\_.

(Matthew 6:33) Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

➤ \_\_\_\_\_ matters.

(Luke 12:15) Then he said, "Beware! Guard against every kind of greed. Life is not measured by how much you own."

(Philippians 3:7-8) I once thought these things were valuable, but now I consider them worthless because of what Christ has done. Yes, everything else is worthless when compared with the infinite value of knowing Christ Jesus my Lord. For his sake I have discarded everything else, counting it all as garbage, so that I could gain Christ.

➤ \_\_\_\_\_ matter.

(Galatians 5:13-14) . . . Instead, use your freedom to serve one another in love. For the whole law can be summed up in this one command: "Love your neighbor as yourself."

(Matthew 13:44) "The Kingdom of Heaven is like a treasure that a man discovered hidden in a field. In his excitement, he hid it again and sold everything he owned to get enough money to buy the field.

➤ \_\_\_\_\_ matters.

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(Luke 21:34 NIV) "Be careful, or your hearts will be weighed down with carousing, drunkenness and the anxieties of life, and that day will close on you suddenly like a trap.

## AVOID THE TRAPS

### √ The REJECTION trap.

(Proverbs 28:4) To reject the law is to praise the wicked; to obey the law is to fight them.

### √ The EMOTIONS trap.

(Job 9:29 NLT) Whatever happens, I will be found guilty. So what's the use of trying?

### √ The WORK trap.

(Ecclesiastes 10:10) Using a dull ax requires great strength, so sharpen the blade. That's the value of wisdom; it helps you succeed.

### √ The DISTANCE trap.

(Psalm 22:11) Do not stay so far from me, for trouble is near, and no one else can help me.

## RESISTING STRESS

### 1. Take STOCK.

(Psalm 90:12 CEV) Teach us to use wisely all the time we have.

(Proverbs 17:24) Sensible people keep their eyes glued on wisdom, but a fool's eyes wander to the ends of the earth.

## 2. Make the DIFFICULT DECISIONS.

(John 12:44) Jesus shouted to the crowds, "If you trust me, you are trusting not only me, but also God who sent me.

(John 12:49-50) I don't speak on my own authority. The Father who sent me has commanded me what to say and how to say it. And I know his commands lead to eternal life; so I say whatever the Father tells me to say."

## 3. Pursue what MATTERS MOST.

(Matthew 6:33) Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

### ➤ GOD matters.

(Luke 12:15) Then he said, "Beware! Guard against every kind of greed. Life is not measured by how much you own."

(Philippians 3:7-8) I once thought these things were valuable, but now I consider them worthless because of what Christ has done. Yes, everything else is worthless when compared with the infinite value of knowing Christ Jesus my Lord. For his sake I have discarded everything else, counting it all as garbage, so that I could gain Christ.

### ➤ PEOPLE matter.

(Galatians 5:13-14) . . . Instead, use your freedom to serve one another in love. For the whole law can be summed up in this one command: "Love your neighbor as yourself."

(Matthew 13:44) "The Kingdom of Heaven is like a treasure that a man discovered hidden in a field. In his excitement, he hid it again and sold everything he owned to get enough money to buy the field.

### ➤ ETERNITY matters.

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