



(Job 9:25 CEV) My life is speeding by, without a hope of happiness.

➤ We are the _____ of our stress.

✓ Lack of _____

HOW TO RELIEVE STRESS

1. Choose a _____.

(Romans 12:2 CEV) Don't be like the people of this world, but let God change the way you think.

(Hebrews 12:1) ...let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.

2. _____.

(Psalm 139:16) You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed.

(Psalm 90:12) Teach us to realize the brevity of life, so that we may grow in wisdom.

3. _____.

(Ephesians 2:10) For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.

(Luke 13:33-34, MSG) "Be generous. Give to the poor. Get yourselves a bank that can't go bankrupt, a bank in heaven far from bankrobbers, safe from embezzlers, a bank you can bank on. It's obvious, isn't it? The place where your treasure is, is the place you will most want to be, and end up being.

➤ Treasure your relationship with _____.

➤ Treasure your relationship with _____.

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(Job 9:25 CEV) My life is speeding by, without a hope of happiness.

➤ We are the source of our stress.

- ✓ Lack of priority
- ✓ Lack of planning
- ✓ Lack of praying
- ✓ Lack of perspective
- ✓ Lack of purpose
- ✓ Lack of partnering
- ✓ Lack of passion

HOW TO RELIEVE STRESS

1. Choose a different path.

(Romans 12:2 CEV) Don't be like the people of this world, but let God change the way you think.

(Hebrews 12:1) ...let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.

2. Live by purpose.

(Psalm 139:16) You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed.

(Psalm 90:12) Teach us to realize the brevity of life, so that we may grow in wisdom.

3. Make a Difference.

(Ephesians 2:10) For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.

(Luke 13:33-34, MSG) "Be generous. Give to the poor. Get yourselves a bank that can't go bankrupt, a bank in heaven far from bankrobbers, safe from embezzlers, a bank you can bank on. It's obvious, isn't it? The place where your treasure is, is the place you will most want to be, and end up being.

➤ Treasure your relationship with God.

➤ Treasure your relationship with people.

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