

How Do I Handle Stress?
You Asked for It
October 18, 2020

- Theme: Studies reveal that more people are dealing with **INCREASING STRESS** than ever before. - John 16:33, Psalm 34:19 NKJV
- Two main culprits - Psalm 62:5-10 NIV
 - ✓ **TIME** - Daniel 5:25-28
 - Our days are **NUMBERED**
 - Our lives are **OUT OF BALANCE**
 - It will **COST US SOMETHING**
 - ✓ **MONEY** - 1 Timothy 6:6-10
 - It's not about **HOW MUCH**
 - It's about **OWNERSHIP**
- Find rest - Jeremiah 6:16
 1. Live with a sense of **PURPOSE AND URGENCY**
 - Psalm 39:4-5 NLT, Matthew 13:44
 2. Put **FIRST THINGS** first - Psalm 90:12 TLB, Matthew 6:33
 3. Keep my **HEART SET ON HEAVEN** - 2 Corinthians 4:16-18, John 14:1-2
- Jesus offers more than a **BETTER NOW**, He offers a **BETTER PLACE**.