

Life Evaluation
Stress Out
September 25, 2022

- Theme: When we don't make time for assessment, life can feel OUT OF CONTROL.
- Life stress comes from 4 areas:
 1. TIME
 2. MONEY
 3. WORK
 4. RELATIONSHIPS - Luke 21:34 NIV, Job 9:25 NCV
- Daniel's sermon - Daniel 5:26-28
 - ✓ Our days are NUMBERED - Hebrews 9:27
 - ✓ Our lives easily get out of BALANCE
 - ✓ Our misuse of time will COST US SOMETHING
- Three things to focus upon
 1. Refocus on what MATTERS MOST
 - a) Relationships matter - Ecclesiastes 4:12 NLT
 - b) Purpose matters - Acts 20:24 NLT
 - c) Eternity matters - Matthew 13:44
 2. Reduce the NONESSENTIALS - Ecclesiastes 4:6
 3. Reprioritize my life
 - ✓ If you don't, SOMEONE ELSE will
 - ✓ Order determines CAPACITY - Matthew 6:31-33,
- Matthew 11:28