

Today's Theme

"Navigating Stress"

Series Title

"Success God's Style" Part 7

May 30, 2021

What A Stressed Out Life Produces

1. Stress limits my ability to _____ & _____.

Luke 10:39 She had a sister called Mary, who sat at the Lord's feet listening to what he said.

2. The potential _____ of a _____ driver.

Luke 10:40 But Martha was distracted by all the preparations that had to be made.

3. The feeling like _____ about me.

Luke 10:40 . . . She came to him and asked, "Lord, don't you care . . ."

4. The _____ to be _____ of others.

Luke 10:40 . . . Lord, don't you care that my sister has left me to do the work . . .

5. The _____ for self-_____.

Luke 10:40 . . . by myself?

6. The attitude of a _____/_____ person.

Luke 10:40 . . . Tell her to help me!"

7. The _____ priorities & choices in _____.

Luke 10:41 "Martha," the Lord answered, "you are worried and upset about many things, 42 but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."

What We Learn From Mary

1. Make _____ to Jesus my _____ priority.

2. _____ to live life for your _____.

3. _____ to work with _____ situations.

Healthy Ways To Deal With Stress

1. Recognize the _____.

Ps 32:2 Blessed is the one whose sin the Lord does not count against them and in whose spirit is no deceit.

2. Give yourself a _____ & get _____.

Phil 4:6 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

3. Focus on the _____ of God.

Col 3:16 Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom

4. Practice _____ regularly.

Heb 12:28 Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe,

5. Stop being _____ get with _____.

Prov 18:24 One who has unreliable friends soon comes to ruin, but there is a friend who sticks closer than a brother.

6. Examine your _____ in _____.

1 Cor 13:5 Examine yourselves to see whether you are in the faith; test yourselves. Do you not realize that Christ Jesus is in you—unless, of course, you fail the test?

7. Take _____ of yourself _____.

1 Cor 10:31 So whether you eat or drink or whatever you do, do it all for the glory of God.