

DEALING WITH YOUR MOST COMMON STRUGGLES

Stress

- Know Who You Are

John 6:35 Jesus replied, "I am the bread of life. Whoever comes to me will never be hungry again. Whoever believes in me will never be thirsty.

John 8:12 Jesus spoke to the people once more and said, "I am the light of the world. If you follow me, you won't have to walk in darkness, because you will have the light that leads to life."

John 10:9 Yes, I am the gate. Those who come in through me will be saved. They will come and go freely and will find good pastures.

11 "I am the good shepherd. The good shepherd sacrifices his life for the sheep.

John 14:6 Jesus told him, "I am the way, the truth, and the life. No one can come to the Father except through me.

- Know Whom You're Trying To Please

John 5:30 I can do nothing on my own. I judge as God tells me. Therefore, my judgment is just, because I carry out the will of the one who sent me, not my own will.

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

- Know What You're Trying To Accomplish

John 8:14 Jesus told them, "These claims are valid even though I make them about myself. For I know where I came from and where I am going, but you don't know this about me.

- Focus On One Thing At A Time

Luke 4:42 Early the next morning Jesus went out to an isolated place. The crowds searched everywhere for him, and when they finally found him, they begged him not to leave them.

43 But he replied, "I must preach the Good News of the Kingdom of God in other towns, too, because that is why I was sent."

44 So he continued to travel around, preaching in synagogues throughout Judea.

- Don't Do It All Yourself

Mark 3:13 Afterward Jesus went up on a mountain and called out the ones he wanted to go with him. And they came to him.

14 Then he appointed twelve of them and called them his apostles. They were to accompany him, and he would send them out to preach,

- Make A Habit Of Personal Prayer

Mark 1:35 Before daybreak the next morning, Jesus got up and went out to an isolated place to pray.

Psalms 46:10 "Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world."

11 The Lord of Heaven's Armies is here among us; the God of Israel is our fortress.

- Take Time Off To Enjoy Life

Mark 6:30 The apostles returned to Jesus from their ministry tour and told him all they had done and taught.

31 Then Jesus said, "Let's go off by ourselves to a quiet place and rest awhile." He said this because there were so many people coming and going that Jesus and his apostles didn't even have time to eat.

32 So they left by boat for a quiet place, where they could be alone.

- Give Your Stress To Christ

Matthew 11:28 Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.

29 Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls.

30 For my yoke is easy to bear, and the burden I give you is light."