

**SUMMER Q& A**  
How Do I Handle Stress?

Be The \_\_\_\_\_ God Created You To Be

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."

13 The Pharisees replied, "You are making those claims about yourself! Such testimony is not valid."

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."

Romans 11:36 For everything comes from him and exists by his power and is intended for his glory. All glory to him forever! Amen.

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.

Know Who You Are Trying To \_\_\_\_\_

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.

When you don't know who you are trying to please you crave in to three things

\_\_\_\_\_ - you are concerned about what others will think of you

\_\_\_\_\_ - you worry about somebody else getting ahead of you

\_\_\_\_\_ - you are threatened when anyone disagrees with you

2 Corinthians 5:9 So whether we are here in this body or away from this body, our goal is to please him.

Ephesians 5:10 Carefully determine what pleases the Lord.

Establish Your \_\_\_\_\_

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."

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

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## 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.

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## With Other People

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,

### Why Don't We Partner With Others

Perfectionism

\_\_\_\_\_ Insecurity

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### Make A Habit Of Personal \_\_\_\_\_

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

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## And Enjoy Life

Mark 6:31 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.

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## 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."