

OVERLOADED WITH . . . Stress About My Present

FIVE ACTIVITIES THAT WILL HELP US BALANCE THE STRESS IN OUR LIVES

1. KNOW WHO YOU ARE . . . BE WHO YOU ARE

Jesus knew who he was
and why he was here
and what he had to do.

. . . I know where I came from and where I am going.

John 8:14

The people . . . tried to keep him from leaving them. But he said, "I must preach the good news of the kingdom of God to the other towns also, because that is why I was sent." And he kept on preaching in the synagogues of Judea.

Luke 4:42-44

There are only two ways to live. You can live according to the priorities you have chosen or you can live according to the pressures that are imposed upon you.

2. PACE YOURSELF . . . DON'T RACE YOURSELF

Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest."

Mark 6:31

Relaxation, recreation and rest are not going to happen in your life unless you plan for them.

3. CHOOSE JOY EACH DAY

Jesus came enjoying life

Matthew 11:19 Phillips Translation

Enjoying life is a decision.

Life wasn't meant to be endured it was meant to be enjoyed.

4. DO LIFE WITH OTHERS

Life was never meant to be a solo sport.

"Come follow me!"

Matthew 4:19

Carry each other's burdens and in this way you will fulfill the law of Christ.

Galatians 6:2

5. LIVE LIFE THE JESUS WAY

Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. 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. For my yoke is easy to bear, and the burden I give you is light."

Matthew 11:28-30

The greatest single source of stress in life is when we try to take things into our own hands and be our own god.

