



Part 3 – How to De-Stress My Life

***The Lord is my Shepherd,
so I have everything I need.
He makes me lie down in green
pastures, and he leads me beside
quiet water.***

- Psalm 23:1-2

**FROM DRIVEN
TO BLESSED!**

#Blessed

1. We Find Our Worth in Our Work

***Only someone too stupid to find
his way home would wear himself
out with work.***

- Ecclesiastes 10:15 TEV

**The Answer: We Find Our
Worth in Worship**

***God decided to give us life through
the word of truth so that we might
be the most important of everything
God has created...***

- James 1:18 NIV

***God says, "I have engraved you
on the palms of my hands."***

- Isaiah 49:16 GW

**2. We Are Always
Wanting More**

Do not wear yourself out trying to get rich; Have the wisdom to show some restraint! Your money can be gone in a flash as if it had grown wings and flown away like an eagle!

- Proverbs 23:4-5 NIV/TEV

**The Answer: We Enjoy
What We Already Have**

***A little food eaten in peace is better
than having twice as much earned
from overwork and chasing the wind.***

- Ecclesiastes 4:6 CEV

***All of us should...enjoy what we
have worked for. It is God's gift.***

- Ecclesiastes 3:13 TEV

**3. We Are Trying to
Keep Up with the Jones'**

I've learned why people work so hard to succeed; it is because they envy the things their neighbors have.

- Ecclesiastes 4:4a TEV

**The Answer: We Embrace
a Sabbath Mindset**

You have six days in which to do your work, but the 7th day is to be a day of complete rest dedicated to Me.

- Exodus 20:9-10 TEV

***The Sabbath was made
to benefit man...***

- Mark 2:27 LB

4. We Value Things and Achievement

***Here's another thing I've seen on earth that makes no sense:
Some people don't have any kids or family or even friends, yet they work obsessively, never taking a break...***

- Ecclesiastes 4:7-9 MSG/CEV

***...There's no end to their toil and
they're never content with what
they've done or earned...***

- Ecclesiastes 4:7-9 MSG/CEV

...They never ask, 'Why am I always working to do more?' And 'Why don't I let myself enjoy life?' And 'Who cares? Who will get what I leave behind?' What a senseless and miserable way to live!...

- Ecclesiastes 4:7-9 MSG/CEV

***...You're better off having someone
to enjoy and share the rewards
of your work.***

- Ecclesiastes 4:7-9 MSG/CEV

**The Answer: We Value
One Another**

What good is it for a man to gain the whole world, yet forfeit his soul?

- Mark 8:36 NIV

**5. We Feel a Deep
Insecurity in Life**

***We work to feed our appetites,
but meanwhile our souls go hungry.***

- Ecclesiastes 6:7 MSG

It is senseless for you to work so hard from early morning until late at night, fearing and worrying that you won't have enough, for God wants his loved ones to get their proper rest.

- Psalm 127:2 LB

The Answer:
We Surrender
All We Are to Jesus

***Look at the birds in the air.
They don't plant or harvest or store
food in barns, but your heavenly
Father feeds them. And you know
that you are worth so much more
than the birds...***

- Matthew 6:26-30 NIV

...You cannot add any time to your life by worrying about it. And why do you worry about anything else? Look at the beauty of the wildflowers in the field...

- Matthew 6:26-30 NIV

***...They don't worry or overwork
...but God takes care of them,
so you can be sure that he will
clothe you too!***

- Matthew 6:26-30 NIV

***...Are you tired? Worn out?
Burned out? Come to me! Get away
with me and you'll recover your life.
I'll show you how to take a real rest.
Walk with me and work with me —
watch how I do it...***

- Matthew 11:28-30 MSG

***...Learn the unforced rhythms
of grace. I won't lay anything
heavy or ill-fitting on you.
Keep company with me and you'll
learn to live freely and lightly.***

- Matthew 11:28-30 MSG