

Stress Out - Part 2 - Time and Stress
April 26, 2020

Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes. - James 4:14

My days are swifter than a runner; they fly away without a glimpse of joy. - Job 9:25

Teach us to number our days, that we may gain a heart of wisdom. - Psalm 90:12

FROM STRESS TO WISDOM WITH OUR TIME

1) Refocus on what MATTERS.

And what do you benefit if you gain the whole world but lose your own soul? Is anything worth more than your soul? - Matthew 16:26

2) Reduce the NON-ESSENTIALS.

¹⁵ Be very careful, then, how you live—not as unwise but as wise, ¹⁶ making the most of every opportunity, because the days are evil. ¹⁷ Therefore do not be foolish, but understand what the Lord's will is. - Ephesians 5:15-17

3) Reprioritize what is FIRST in my life.

³¹ So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' ³² For the pagans run after all these things, and your heavenly Father knows that you need them. ³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well. - Matthew 6:31-33

¹⁴³ As pressure and stress bear down on me, I find joy in your commands. ¹⁴⁴ Your laws are always right; help me to understand them so I may live. - Psalm 119:143-144