

To Handle Stress Like Jesus We Must...

1. Completely surrender_____.

Whoever loses his life for my sake will save it, but whoever insists on keeping his life will lose it.

Luke 9:24 TLB

The thief's purpose is to steal, kill and destroy. My purpose is to give life in all its fullness.

John 10:10 TLB

2. Practice stillness and solitude_____.

In the early morning, while it was still dark, Jesus got up, left the house, and went away to a secluded place, and prayed there for a time.

Mark 1:35 NASB

You will make known to me the path of life; In Your presence there is fullness of joy.

Psalms 16:11a NIV

3. Change our perspective_____.

Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect.

Romans 12:2 NRSV

Set your minds on things above, not on earthly things.

Colossians 3:2 NIV

Take captive every thought to make it obedient to Christ.

2 Corinthians 10:5b NIV

4. Commit to community_____.

In response to all he has done for us, let us outdo each other in being helpful and kind to each other and in doing good. Let us not neglect our church meetings, as some people do, but encourage and warn each other.

Hebrews 10:24-25a TLB

I long to see you so that I may impart to you some spiritual gift to make you strong—that is, that you and I may be mutually encouraged by each other's faith.

Romans 1:11-12 NIV

5. Actively serve others_____.

"Your attitude must be like my own, for I, the Messiah, did not come to be served, but to serve."

Matthew 20:28a TLB

"For I [Jesus] was hungry and you fed me; I was thirsty and you gave me water; I was a stranger and you invited me into your homes; naked and you clothed me; sick and in prison, and you visited me.' "Then these righteous ones will reply, 'Sir, when did we ever see you hungry and feed you? Or thirsty and give you anything to drink? Or a stranger, and help you? Or naked, and clothe you? When did we ever see you sick or in prison, and visit you?' "And I, the King, will tell them, 'When you did it to these my brothers, you were doing it to me!"

Matthew 25:35-40 TLB

Weekend Music:

I Thank God (Maverick City Music) • Champion (Bethel Music)
Way Maker (Leeland)