

You Asked For It
Help Me, Overcome Stress

September 3, 2017

Job 9:25 (NCV) My days go by **faster than a runner**; they fly away without my seeing any joy.

A Better Life

- ✓ It is better to have _____ of what doesn't matter and _____ of what does.

Ecclesiastes 4:6 Better one handful with tranquility than two handfuls with toil and chasing after the wind.

Proverbs 17:24 (GN) An intelligent person aims at wise action, but a fool starts off in many directions.

- ✓ It is better to live by _____, not by _____.

Psalms 139:16 All the days ordained for me were written in your book before one of them came to be.

- ✓ We have to learn to be more _____ in God's word than our _____.

Psalms 62:5-8 Let all that I am wait quietly before God, for my hope is in him. He alone is my rock and my salvation, my fortress where I will not be shaken. My victory and honor come from God alone. He is my refuge, a rock where no enemy can reach me. O my people, trust in him at all times. Pour out your heart to him, for God is our refuge.

Hebrews 12:1 Let us **throw off** everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.

1. Regularly take _____.

Psalms 39:4-5 (NLT) LORD, remind me how brief my time on earth will be. Remind me that my days are numbered, and that my life is fleeing away. My life is no longer than the width of my hand. An entire lifetime is just a moment to you; human existence is but a breath.

2. Make tough _____.

Psalms 90:12 (LB) Teach us to number our days and recognize how few they are; help us to spend them as we should.

3. Focus on what matters most.

Matthew 6:33 But seek first his kingdom and his righteousness, and all these things will be given to you as well.

- ✓ _____ matters.

Philippians 3:7-8 But whatever was to my profit I now consider loss for the sake of Christ. What is more, I consider everything a loss compared to the surpassing greatness of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them rubbish, that I may gain Christ.

- ✓ _____ matter.

Galatians 5:13-15 Serve one another in love. The entire law is summed up in a single command: "Love your neighbor as yourself." If you keep on biting and devouring each other, watch out or you will be destroyed by each other.

Ecclesiastes 4:12 (NLT) A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple braided cord is not easily broken.

- ✓ _____ matters.

Matthew 13:44 "The kingdom of heaven is like treasure hidden in a field. When a man found it, he hid it again, and then in his joy went and sold all he had and bought that field."

Walk Away: Jesus offers more than a better _____. He offers a better _____.

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- ✓ It is better to live by design, not by default.

Psalms 139:16 All the days ordained for me were written in your book before one of them came to be.

- ✓ We have to learn to be more confident in God's word than our experience.

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2. Make tough decisions.

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Matthew 6:33 But seek first his kingdom and his righteousness, and all these things will be given to you as well.

- ✓ God matters.

Philippians 3:7-8 But whatever was to my profit I now consider loss for the sake of Christ. What is more, I consider everything a loss compared to the surpassing greatness of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them rubbish, that I may gain Christ.

- ✓ People matter.

Galatians 5:13-15 Serve one another in love. The entire law is summed up in a single command: "Love your neighbor as yourself." If you keep on biting and devouring each other, watch out or you will be destroyed by each other.

Ecclesiastes 4:12 (NLT) A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple braided cord is not easily broken.

- ✓ Eternity matters.

Matthew 13:44 "The kingdom of heaven is like treasure hidden in a field. When a man found it, he hid it again, and then in his joy went and sold all he had and bought that field."

Walk Away: Jesus offers more than a better now. He offers a better place.