

Stress & Time Management pt. 1

1/11-13/2013



Mechanics of Materials - Definition of Stress

External Pressure Divided by:

Internal _____



Pleasure

God

Calls

us to be

1. _____

2. _____

to Change

Ps. 51:17 The sacrifices of God are
a Broken spirit;
a Broken & Contrite heart,
O God,
you will not despise.

Feel Stressed

In **Stress** God is calling me to be **WILLING** to:

1. Change the Way I



In **Stress** God is calling me to be **WILLING** to:

2. Change my

Making Process

