

# You Need A Break!

A Memorial Day Message

James 1:2-3

Do you know what stress is? Stress is ... \_\_\_\_\_

**Stress is defined as (“\_\_\_\_\_ pressure...intense strain... to bind tightly... to subject to external forces.”)**

*I've spoken to many of you in the last few weeks who have admitted to external forces testing, trying, and tragically placing you through intense trials and stress.*

**(This is a construction site electrical box. Fuse box...)**

**(This is a GFI outlet. We all have them in our homes now...)**

**(This is the game Kerplunk. )**

**What Should We Do With Stress?**

**1. \_\_\_\_\_ (Consider \_\_\_\_\_) Stress As Friend or Foe!**

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A. Stress Is \_\_\_\_\_ (Predictable \_\_\_\_\_).

B. Stress Is \_\_\_\_\_ (Problematic \_\_\_\_\_).

C. Stress Is \_\_\_\_\_ (Paradoxical \_\_\_\_\_).

**2. \_\_\_\_\_ (Construct \_\_\_\_\_) Your Life With Some Stress.**

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**3. \_\_\_\_\_ (Cast \_\_\_\_\_) Your Stress To The Lord.**

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*Three verses to build you up in stressful times.*

*Romans 8:28*

*Job 23:10*

*I Peter 5:7*