

# Questions Your Neighbors Are Asking How Can I Overcome Stress?

11-17-19

*Psalm 127:2* - It is **senseless** for you to work so hard from early morning until late at night... God wants his loved ones to get their proper rest. (LB)

1. \_\_\_\_\_ my values.

*Ecclesiastes 4:4* - I've learned why people work so hard to succeed; it's because they **envy** the things their neighbors have. (GN)

*Mark 8:36* - "What good is it for a man to gain the whole world, yet forfeit his soul?" (NIV)

*Ecclesiastes 4:6* - It is better to have only a little, **with peace of mind**, than be **busy all the time**... (GN)

## The goals of life:

- 1) Know God and enjoy a relationship with Him.
- 2) Use the talents and gifts He gave you to serve others because that builds character for eternity.

2. \_\_\_\_\_ my humanity.

*Ecclesiastes 10:15* - Only someone too stupid to find his way home would wear himself out with work! (GN)

3. \_\_\_\_\_ my labor.

*Exodus 20:9-10* - "You have six days in which to do your work, <sup>10</sup> but the **7th day is to be a day of rest** dedicated to Me." (GN)

"Sabbath" means: \_\_\_\_\_

*Mark 2:27* - "The Sabbath was made to benefit man..."

A. Rest my \_\_\_\_\_

B. Recharge my \_\_\_\_\_

C. Refocus my \_\_\_\_\_

4. \_\_\_\_\_ each moment.

*Ecclesiastes 3:13* - All of us should... enjoy what we have worked for. It's God's gift. (GN)

*Proverbs 14:30* - A relaxed attitude lengthens a man's life. (LB)

5. \_\_\_\_\_ my life around Christ.

**How do you know what your life is centered around?**

What do you think about the most?

*Matthew 6:33* - "God will give you **all you need from day to day** IF you live for him and make the Kingdom of God **your primary concern.**"

*Matthew 22:37-40*- Jesus replied: "'Love the Lord your God with all your heart and with all your soul and with all your mind.' <sup>38</sup> This is the first and greatest commandment. <sup>39</sup> And the second is like it: 'Love your neighbor as yourself.' <sup>40</sup> All the Law and the Prophets hang on these two commandments."

*Matthew 11:28-30*- "Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup> Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy and my burden is light."