

HOW TO DO A STRESS TEST
#SermonStress
Strength For Stressful Times Part 2
Dr. Mark Jackson - February 11, 2018

Four Areas To Check

1. CHECK YOUR SCHEDULE

Proverb 17:24 An intelligent person aims at wise actions, but a fool starts off in many directions. (TEV)

Ecclesiastes 5:3 ...being too busy gives you nightmares... (NLT)

Psalms 90:12 Teach us to make the most of our time, so that we may grow in wisdom. (NLT)

2. CHECK YOUR FINANCES

Proverbs 22:7b ...the borrower is servant to the lender. (NIV)

Proverbs 11:25 The generous will prosper; those who refresh others will themselves be refreshed. (NLT)

3. CHECK YOUR WORDS

Proverbs 16:24 Kind words are like honey – sweet to the soul and healthy for the body. (NLT)

Proverbs 15:1 A gentle answer turns away wrath, but a harsh word stirs up anger. (NIV)

James 1:19 Remember this, my dear friends! Everyone must be quick to listen, but slow to speak and slow to become angry. (TEV)

4. CHECK YOUR HEART

Proverbs 12:25a An anxious heart weighs a man down... (NIV)

Watch Out For Three Stressful Attitudes

- Pride - I can DO it all!

Proverbs 16:18 Pride goes before destruction; a haughty spirit before a fall. (NIV)

- Envy - I can **BE** it all!

Proverbs 14:30 The life of the body is a tranquil heart, but envy is a cancer in the bones. (NJB)

- Greed - I can **HAVE** it all!

Proverbs 15:15 ...being content is as good as an endless feast. (CEV)

Proverbs 24:10 If you fail under pressure, your strength is too small. (NLT)

Matthew 11:28 Come to me, all of you who are tired from carrying heavy loads, and I will give you rest. (TEV)