

**SEVEN SECRETS TO STRESS-FREE LIVING**  
**#SermonStress**  
**Strength For Stressful Time Part 3**  
**Dr. Mark Jackson - February 18, 2018**

**1 Peter 2:24** Christ carried our sins in his body on the cross. He did this so that we would stop living for sin and start living for what is right. And we are healed because of his wounds. (ICB)

**Seven Statements of Jesus**

**1. KNOW WHO YOU ARE - Identification**

**John 8:12** Jesus said to the people, "I am the light of the world..." (NLT)

**Psalms 100:3** Know that the LORD is God. It is he who made us, and we are his; we are his people, the sheep of his pasture. (NIV)

**2. KNOW WHO TO PLEASE - Dedication**

**John 5:30b** ...I don't try to please myself. I try to please the One who sent me. (ICB)

**Colossians 1:10** ...walk in a manner worthy of the Lord, fully pleasing to him... (ESV)

**3. KNOW WHAT TO ACCOMPLISH - Organization**

**John 8:14b** Jesus answered, "...I know where I came from. And I know where I am going." (ICB)

**John 6:38** I came down from heaven not to follow my own whim but to accomplish the will of the One who sent me. (MSG)

**4. FOCUS ON WHAT IS IMPORTANT - Concentration**

**Luke 4:42-44** At daybreak, Jesus went to a lonely place, but the people looked for him. When they found him, they tried to keep him from leaving. <sup>43</sup>But Jesus said to them, "I must preach about God's kingdom to other towns, too. This is why I was sent." <sup>44</sup>Then he kept on preaching in the synagogues of Judea. (NCV)

**Matthew 6:33a** But more than anything else, put God's work first and do what he wants. (CEV)

## **5. GET HELP FROM OTHERS - Delegation**

**Mark 3:14** Jesus chose twelve men and called them apostles. He wanted them to be with him, and he wanted to send them out to preach. (NCV)

**Romans 12:5b** ...since we are all one body in Christ, we belong to each other, and each of us needs all the others. (NLT)

## **6. MAKE A HABIT OF PRAYER - Meditation**

**Mark 1:35** In the morning, long before sunrise, Jesus went to a place where he could be alone to pray. (GW)

**Matthew 6:6** Here's what I want you to do: Find a quiet, secluded place so you won't be tempted to role-play before God. Just be there as simply and honestly as you can manage. Then the focus will shift from you to God, and you will begin to sense his grace. (MSG)

## **7. TAKE TIME TO ENJOY LIFE - Relaxation**

**Mark 6:31-32** So many people were coming and going that Jesus and the apostles did not even have a chance to eat. Then Jesus said, "Let's go to a place where we can be alone and get some rest." <sup>32</sup> So, they left in a boat for a place where they could be alone. (CEV)

**Matthew 11:19** Jesus came enjoying life. (PH)

**Psalms 62:1** My soul finds rest in God alone; my salvation comes from Him. (NIV)