

Scripture: Matthew 11:28-29
Date: November 18, 2007

HOW TO SURVIVE STRESS

Six principles that we see in the life of Jesus that helped Him to deal with incredible stress and pressure...

#1. Know _____!
John 8:12 *When Jesus spoke again to the people, he said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."*

The Principle of " _____ "

#2. Know who you are _____ to _____!
John 5:30 *By myself I can do nothing; I judge only as I hear, and my judgment is just, for I seek not to please myself but him who sent me.*

The Principle of " _____ "

#3. Know _____ you want to _____!
John 8:14 *Jesus answered, "Even if I testify on my own behalf, my testimony is valid, for I know where I came from and where I am going. But you have no idea where I come from or where I am going."*

The Principle of " _____ "

Luke 4:42-44 *At daybreak Jesus went out to a solitary place. The people were looking for him and when they came to where he was, they tried to keep him from leaving them. But he said, "I must preach the good news of the kingdom of God to the other towns also, because that is why I was sent."*

#4. Don't try to do it all _____!
Mark 3:13-15 *Jesus went up on a mountainside and called to him those he wanted, and they came to him. He appointed twelve--designating them apostles--that they might be with him and that he might send them out to preach and to have authority to drive out demons.*

The Principle of " _____ "

#5. Make a habit of _____!
Mark 1:35 *Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.*

The Principle of " _____ "

#6. Take time off to _____!
Mark 6:30-32 *The apostles gathered around Jesus and reported to him all they had done and taught. Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest." So they went away by themselves in a boat to a solitary place.*

The Principle of " _____ "

One additional principle...

#7. Know _____ as _____ and _____!
Matthew 11:28-29 *"Come to me, all you who are weary and burdened, and I will give you rest. 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."*

The Principle of " _____ "