



MESSAGE: Stressless
SERIES: You Asked For It
DATE: September 10, 2017
SERIES PASSAGE: Psalm 119:66

WEEK 21

Principles For Stressless Living

Something I heard today for the first time:

Based on something I heard today, this week I will:

Many are the afflictions of the righteous but the LORD delivers him out of them all. - Psalm 34:19 NKJV

Sources of Stress

Trying to live like we have other people's _____.

*Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them.
- Psalm 138:16*

Trying to live like we have other people's _____.

*Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink,
- Matthew 6:25a*

Trying to live to meet other's _____.

*...nor about your body, what you will put on....
- Matthew 6:25b*

1. Find _____.

*This is what the LORD says: "Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls. But you said, 'We will not walk in it.'"
- Jeremiah 6:16*

2. Live with a sense of _____ and _____.

LORD, remind me how brief my time on earth will be. Remind me that my days are numbered, and that my life is fleeing away. My life is no longer than the width of my hand. An entire lifetime is just a moment to you; human existence is but a breath. - Psalm 39:4-5 (NLT)

*"The kingdom of heaven is like treasure hidden in a field. When a man found it, he hid it again, and then in his joy went and sold all he had and bought that field."
- Matthew 13:44*

2. Put _____ things first.

But seek first his kingdom and his righteousness, and all these things will be given to you as well. - Matthew 6:33

3. Keep _____ set on heaven.

"Do not let your hearts be troubled. Trust in God; trust also in me. In my Father's house are many rooms; if it were not so, I would have told you. I am going there to prepare a place for you." - John 14:1-2

Jesus offers more than a better now. He offers a better place.

All scripture is from the English Standard Version unless otherwise noted.



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Sources of Stress

Trying to live like we have other people's **time**.

Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them.
- Psalm 138:16

Trying to live like we have other people's **money**.

Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink,
- Matthew 6:25a

Trying to live to meet other's **expectations**.

...nor about your body, what you will put on....
- Matthew 6:25b

1. Find **Rest**.

This is what the LORD says: "Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls. But you said, 'We will not walk in it.'"
- Jeremiah 6:16

2. Live with a sense of **purpose** and **urgency**.

LORD, remind me how brief my time on earth will be. Remind me that my days are numbered, and that my life is fleeing away. My life is no longer than the width of my hand. An entire lifetime is just a moment to you; human existence is but a breath. - Psalm 39:4-5 (NLT)

"The kingdom of heaven is like treasure hidden in a field. When a man found it, he hid it again, and then in his joy went and sold all he had and bought that field."
- Matthew 13:44

2. Put **first** things first.

But seek first his kingdom and his righteousness, and all these things will be given to you as well. - Matthew 6:33

3. Keep **my heart** set on heaven.

"Do not let your hearts be troubled. Trust in God; trust also in me. In my Father's house are many rooms; if it were not so, I would have told you. I am going there to prepare a place for you." - John 14:1-2

Jesus offers more than a better *now*. He offers a better *place*.

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