

How many times have we said, "Where in the world did my day go?" "I'm so stressed out!" Today will discover some practical insight and wisdom from Proverbs about "How to Reduce Our Stress & Get More Done."

Avoiding The Pitfall Of Over Commitment

1. Line Up _____

Lk 2:49; 5:32; Mark 1:35-38; Mt 9:12; Col 1:28-2:4; Acts 20:24

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

"... It is stupid to waste time on useless projects." Proverbs 12:11 (GN)

*"We should make plans counting on God to direct us."
Proverbs 16:9 (GN)*

We either live our lives by _____ or _____

"The next morning Jesus awoke long before daybreak and went out alone into the wilderness to pray. Later Simon & the others went out to find him. They said, "Everyone is asking for you. But he replied, "we must go to other towns as well and I will preach to them, too, because that is why I came." Mark 1:35-38 (NLT)

*... "The Son of Man came to seek and to save what was lost."
Luke 19:10 (NIV)*

Matthew 22:36-40 – Mathew 28:19-20 – Acts 1:8

"Each one should use whatever gift he has received to serve others, faithfully administering God's grace in its various forms." 1 Peter 4:10 (NIV)

2. Lighten Up _____

Philippians 4:8

*"Anxiety in a man's heart weighs it down."
Proverbs 12:25 (Berkeley)*

Stress is not an _____ it's an _____

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

*"Being cheerful keeps you healthy. It is a slow death
to be gloomy all the time." Proverbs 17:22 (GN)*

3. Look Up _____

*"Reverence for God adds hours to each day."
Proverbs 10:27 (LB)*

Reverence Means I _____

*"Reverence for God gives a man deep strength."
Proverbs 14:26 (LB)*

"Trust in the Lord completely... In everything you do, put God first and He will direct you and crown your efforts with success." Proverbs 3:5-6 (LB)

*"What good is it for a man to gain the whole world, yet forfeit his soul?
What will a man give in exchange for his soul?" Mark 8:36-37 (NIV)*

*"Come to me, all you who are weary and burdened,
and I will give you rest." Mark 11:28 (NIV)*

*"Cast all your anxiety – fear – worries – problems on
him because he cares for you." 1 Peter 5:7 (NIV)*

What Am I Stressed About – Trying To Control?
What Are My Real Priorities In Life?

Personal Study - Growth Homework

GETTING STARTED

If you were to describe your pace of life by naming an animal, what animal would you say best describes your pace of life and schedule?

TAKING A CLOSER LOOK

This study on avoiding the pitfalls of life focused on three main points... LINING up our priorities - LIGHTENING up our attitude and ... LOOKING up to God.

From this study what thoughts or points from this study really hit home in your life – something you needed to hear?

Take a few minutes and rate your self on each of the three points we looked at this weekend.

How Clear Are My Priorities?

Ask yourself... *“Do I have clear life objectives, are they written out or am I going in 50 different directions?”*

1 2 3 4 5 6 7 8 9 10

How Positive Is My Attitude?

Ask yourself ... *“How much do you laugh, how relaxed am I when life gets tough?”*

1 2 3 4 5 6 7 8 9 10

How Dependant Is My Relationship With God?

Ask yourself ... *“How serious do I take God? How much do I really depend on God?”*

1 2 3 4 5 6 7 8 9 10

Matthew 25:14-30 talks about a very important kingdom principle. What is the principle and how does it apply to our priorities and use of time?

DIGGING DEEPER

Take a look at the following verses and see what they have to say about our priorities, attitude and dependence on God. In plain language how are these practically lived out in our lives?

Matt. 6:19-21

Colossians 3:1-3

Matt. 6:2

Phil 1:21

Galatians 2:20

Matt. 6:25-34

Romans 12:1-2

How do our values, purpose, desires,
reverence for God impact our priorities?

For more on planning and priorities in our lives check out these verses in
Proverbs 20:5; 14:22; 15:22; 16:1, 3, 9; 19:2; 20:18; 21:5; 24:6

When do you find yourself getting stressed? What do you get stressed about? Use these questions to help you identify your stress triggers...

- What are my real priorities (not what I say are my priorities)? What am I striving for the most – what’s really important to me? One way of looking at this is by asking, “Where do I spend my time?”
- “What am I stressed out about now? What/who do I try to control in my life? When do I feel out of control and worry or get angry? What do I need to stop trying to control and let God be God?”
- What area of my life do I need to lighten up on - take a chill pill and laugh about - not be so serious about? What worry, fear, and stress do I need to stop carrying and unload – give to God?

If reverence means, “*taking God seriously*” how/when do we know if and when we are taking God seriously? How does our use of time, priorities, attitude/behavior, work habits, finances ... reflect true reverence for God?

Why is it when I take God seriously I don’t have stress?

What does Phil 4:6-7, 19, Proverbs 3:5-6, 1 John 5:3 say about reverence for God (and lack stress)?

In what area of your life do you need Mk 11:28 right now?

What’s one big thing you need to “TAKE HOME”
from this message and apply to your life this week?