



As You Wish: How to Handle Stress

Message by Tim Perkins

8/25/19

Principles For A Better Life

1. It is better to have _____ of what doesn't matter
and _____ of what does. (*Ecclesiastes 4:6*)

2. It is better to live by _____, not by _____.
(*Psalm 139:16*)

3. It is better to get the _____ things done,
not _____ things done. (*Proverbs 17:24 GN*)

Running My Race

Hebrews 12:1

1. Regularly take _____. (*Psalm 39:4-5 NLT*)

2. Make tough _____. (*Psalm 90:12 LB*)

3. Focus on what _____ . (*Matthew 6:33*)

- _____ matters. (*Matthew 22:37-38*)

- _____ matter. (*Matthew 22:37-40; Galatians 5:13-15*)

- _____ matters.
(*Revelation 21:3-8; 2 Corinthians 5:16-18 NLT*)

Talk it Over:

“How to Handle Stress”

Big Idea:

In our modern society, we often live at a pace for which we were never designed. We are so busy due to too many choices, social pressure, and the belief that we can do and have it all. We live by default instead of by God’s unique design for each of our lives’. Our energy is spread thin in many different directions instead of being focused on what is truly most important. As believers, we must get a new perspective and run the race marked out for us. For each of us to run our individual races, we must regularly take inventory, make tough decisions and focus on what matters the most. What matters most is God, people and eternity.

Discussion Questions:

- In his message Pastor Tim said that, “You must believe that your life functions best in its God-given design.” How can you learn your God-given design? Discuss the steps you are you taking to ensure you are living by God’s design and not the world’s design.
- In order to focus our time and energy on the right things, we will need to say “no” to some other things. Those who have difficulty saying “no” end up over-committed, overwhelmed, and ineffective. Share how being able to say “no” can change your day-to-day life.
- Talk about how you utilize your time, energy and material resources on things that have an eternal purpose. Discuss ways to keep an eternal perspective and explain how that will allow you to better prioritize God, people and eternity.

Prayer Focus This Week:

Father, thank You that, no matter what anxieties we’re facing, we can give them all to You. We can trust that, even in hard times, You will care for us and lift us up in due time. Help us to surrender all our troubles to You. In the name of Jesus we pray, amen.

Next Steps:

- Set aside time to regularly take inventory of your life in the 10 key areas of life: 10 domains of life: physical, vocational, avocational, emotional, financial, spiritual, parental, marital, social, and intellectual.
 - o Free online assessment to help take an inventory: <https://assessments.michaelhyatt.com/lifescore/assessment/>
- If you feel like you’ve been living life by default rather than design, consider grabbing a copy of Michael Hyatt’s book, *Free To Focus*
- Read a blueprint for peace in Philippians 4:4-8 (NLT) Consider memorizing this passage to apply it next time stress comes knocking.