



## YOU ASKED FOR IT – Part 2

### Help me! I'm stressed!

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

✓ My \_\_\_\_\_ is lower.

(Luke 21:34) Be careful, or your hearts will be weighed down with carousing, drunkenness and the anxieties of life, and that day will close on you suddenly like a trap.

✓ My \_\_\_\_\_ are inconsistent.

(Job 9:25 NCV) My days go by faster than a runner; they fly away without my seeing any joy.

✓ My \_\_\_\_\_ suffers.

(Proverbs 21:5 Message) Careful planning puts you ahead in the long run; hurry and scurry puts you further behind.

(Proverbs 19:2 GW) ...a person in a hurry makes mistakes.

✓ My \_\_\_\_\_ meaning.

(Psalm 39:6 NLT) We are merely moving shadows, and all our busy rushing ends in nothing.

✓ My \_\_\_\_\_ seems distant.

(Psalm 46:10) Be still, and know that I am God.

(Ecclesiastes 4:6 GN) It is better to have only a little, with peace of mind, than be busy all the time...

The distance between the truth I \_\_\_\_\_

and the truth I \_\_\_\_\_ equals the pain

I experience.

### What Will I Do?

(Hebrews 4:9-11) There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from His. Let us, therefore, make every effort to enter that rest.

1. I will \_\_\_\_\_ my body.

(Psalm 127:2) In vain you rise early and stay up late, toiling for food to eat—for He grants sleep to those He loves.

2. I will \_\_\_\_\_ my soul.

✓ With \_\_\_\_\_.

(Psalm 23:2-3) He makes me lie down in green pastures, He leads me beside quiet waters, He restores my soul.

✓ With \_\_\_\_\_.

(Proverbs 17:22) A cheerful heart is good medicine, but a crushed spirit dries up the bones.

✓ With \_\_\_\_\_.

(Hebrews 10:25) Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another—and all the more as you see the Day approaching.

3. I will \_\_\_\_\_ my spirit.

(Psalm 92:1-2, 10, 12, 14) A psalm. A song. For the Sabbath day. It is good to praise the LORD and make music to Your Name, O Most High, to proclaim Your love in the morning and Your faithfulness at night... You have exalted my horn like that of a wild ox; fine oils have been poured upon me. The righteous will flourish like a palm tree, they will grow like a cedar of Lebanon; planted in the house of the LORD, they will flourish in the courts of our God. They will still bear fruit in old age, they will stay fresh and green.

## YOU ASKED FOR IT – Part 2

### Help me! I'm stressed!

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

✓ My resistance is lower.

(Luke 21:34) Be careful, or your hearts will be weighed down with carousing, drunkenness and the anxieties of life, and that day will close on you suddenly like a trap.

✓ My emotions are inconsistent.

(Job 9:25 NCV) My days go by faster than a runner; they fly away without my seeing any joy.

✓ My productivity suffers.

(Proverbs 21:5 Message) Careful planning puts you ahead in the long run; hurry and scurry puts you further behind.

(Proverbs 19:2 GW) ...a person in a hurry makes mistakes.

✓ My life loses meaning.

(Psalm 39:6 NLT) We are merely moving shadows, and all our busy rushing ends in nothing.

✓ My relationship with God seems distant.

(Psalm 46:10) Be still, and know that I am God.

(Ecclesiastes 4:6 GN) It is better to have only a little, with peace of mind, than be busy all the time...

The distance between the truth I know

and the truth I live equals the pain

I experience.

### What Will I Do?

(Hebrews 4:9-11) There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from His. Let us, therefore, make every effort to enter that rest.

1. I will rest my body.

(Psalm 127:2) In vain you rise early and stay up late, toiling for food to eat—for He grants sleep to those He loves.

2. I will replenish my soul.

✓ With quietness.

(Psalm 23:2-3) He makes me lie down in green pastures, He leads me beside quiet waters, He restores my soul.

✓ With enjoyment.

(Proverbs 17:22) A cheerful heart is good medicine, but a crushed spirit dries up the bones.

✓ With people.

(Hebrews 10:25) Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another—and all the more as you see the Day approaching.

3. I will refocus my spirit.

(Psalm 92:1-2, 10, 12, 14) A psalm. A song. For the Sabbath day. It is good to praise the LORD and make music to Your Name, O Most High, to proclaim Your love in the morning and Your faithfulness at night... You have exalted my horn like that of a wild ox; fine oils have been poured upon me. The righteous will flourish like a palm tree, they will grow like a cedar of Lebanon; planted in the house of the LORD, they will flourish in the courts of our God. They will still bear fruit in old age, they will stay fresh and green.