

The Truth About Stress

Luke 10:38-42

(Part 2 – “MythBusters”)

January 17, 2021

Myth #2:

“People are the cause of my stress.”

#1. Trying to _____

God helps us _____ our

_____ - _____ in _____.

“Be honest in your estimate of yourselves.”

Romans 12:3 (NLT)

“I am the least of the apostles, unworthy to be called an apostle.

But by God’s grace I am what I am.” 1 Cor. 15:9-10 (HCSB)

#2. Trying to _____

God helps us _____ our _____

before an _____ of _____.

“For we speak as messengers who have been approved by God.

Our purpose is to please God, not people.” 1 Thess. 2:4 (NLT)

“I’m not trying to be a people pleaser! No, I am trying to please God.

If I were still trying to please people, I would not be Christ’s servant.”

Galatians 1:10 (NLT)

#3. Trying to _____

God helps us to _____ by _____.

“One thing I do: Forgetting what is behind and straining toward what is ahead, I press on...” Phil. 3:13-14 (NIV)

“Anyone who puts a hand to the plow and then looks back is not fit for the Kingdom of God.” Luke 9:62 (NLT)