

God's Answer To Stress

APRIL 29, 2009

Pastor Bill Langley

Slow Down And Relax!

"It is senseless for you to work so hard from early morning until late at night. God wants his loved ones to get their proper rest." (Ps. 127:2 LB)

"He makes me to lie down in green pastures; He leads me beside the still waters." (Ps. 23:2)

GOD'S WAY TO RELAX:

R – _____ .

"God demonstrates his own love for us in this: While we were still sinners, Christ died for us." (Rom. 5:8)

"God decided to give us life through the word of truth so we might be the most important of all the things he made." (James 1:18 NCV)

"Look at the birds. They don't need to plant or harvest or put food in barns because your heavenly Father feeds them. And you are far more valuable to him than they are." (Matt. 6:26 NLT)

E – _____ .

"All of us should ... enjoy what we have worked for; it is God's gift." (Eccl. 3:13 GN)

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

L – _____ .

"Only someone too stupid to find his way home would wear himself out with work!" (Eccl. 10:15 TEV)

"Six days a week are set apart for your daily duties and regular work, but the seventh day is a day of rest dedicated to the LORD your God. On that day no one in your household may do any kind of work. (Ex. 20:9-10 NLT)

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1. The Sabbath is a day to _____ .

"...God wants his loved ones to get their proper rest." (Ps. 127:2 LB)

2. The Sabbath is a day to _____ .

Include time for _____ .

"He lets me rest in fields of green grass and leads me to quiet pools of fresh water." (Ps. 23:2 TEV)

"There were so many people coming and going ... Jesus said to His disciples, 'Let us go off by ourselves where we will be alone and you can rest for awhile'" (Mark 6:31 GN)

Include time for _____ .

"Live joyfully with the wife whom you love..." (Eccl. 9:9 NKJV)

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

Include time for _____ .

"Let us not give up meeting together ... but let us encourage one another..." (Heb. 10:25)

3. The Sabbath is a day to _____ .

"Come, let us bow down in worship, let us kneel before the Lord our Maker." (Ps. 96:6)

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

A – _____ .

"I've learned why people work so hard to succeed; it is because they envy the things their neighbors have." (Eccl. 4:4 GN)

"What good is it for a man to gain the whole world, yet forfeit his soul?" (Mark 8:36)

X – _____ .

"Come to me, all of you who are tired and have heavy loads, and I will give you rest ... the load I give you to carry is light." (Matt. 11:28-30 NCV)

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