

HELP – I'M STRESSED OUT!

Eight Questions I Must Answer to Handle My Stress:

1. Who _____?

John 8:12 When Jesus spoke again to the people, he said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."

I Peter 2:9,10 But you are the ones chosen by God, chosen for the high calling of priestly work, chosen to be a holy people, God's instruments to do his work and speak out for him, to tell others of the night-and-day difference he made for you—from nothing to something, from rejected to accepted.

Notes:

2. Who am I trying to _____?

John 5:30 By myself I can do nothing; I judge only as I hear, and my judgment is just, for I seek not to please myself but Him who sent me."

Notes:

3. What am I trying to _____?

John 8:14 "Even if I testify in My own behalf, My testimony is valid for I know where I came from and I know where I'm going."

Notes:

4. What _____?

Luke 4:42 At daybreak Jesus went out to a solitary place. The people were looking for him and when they came to where he was, they tried to keep him

from leaving them. ⁴³But he said, "I must preach the good news of the kingdom of God to the other towns also, because that is why I was sent."
⁴⁴And he kept on preaching in the synagogues of Judea.

Notes:

5. What are my _____?

Mark 3:14 He appointed twelve—designating them apostles—that they might be with him and that he might send them out to preach ¹⁵and to have authority to drive out demons.

Notes:

6. Who is my _____?

Mark 1:35 Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed. ³⁶Simon and his companions went to look for him, ³⁷and when they found him, they exclaimed: "Everyone is looking for you!"

Notes:

7. When should I _____?

Mark 6:30 The apostles gathered around Jesus and reported to him all they had done and taught. ³¹Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest."

Notes:

8. Who do I _____?

Matthew 11:28 “Come to me, all you who are weary and burdened, and I will give you rest. ²⁹Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰For my yoke is easy and my burden is light.”

Notes:
