

GOD'S ANTIDOTE TO BUSYNESS

Stressbusters - Part 2

Psalms 23:2

Bro. Mark Winn, FBC Coahoma pm 1/12/14am

"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." Psalm 127:2 (LB)

Unwind God's Way

"He makes me lie down in green pastures, he leads me beside quiet waters," Ps 23:2

These images represent _____ and _____

GOD'S WAY TO R.E.L.A.X.

REALIZE _____

"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)

"...your heavenly Father feeds the (sparrows). And you are far more valuable to him than they are." Matt. 6:26 (LB)

God says, "I have engraved you on the palms of my hands." Isa. 49:16

ENJOY _____ "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)

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

"You have six days in which to do your work, but the 7th day is to be a day of rest dedicated to Me." Ex. 20:9-10 (GN)

"Sabbath" means: _____ "The Sabbath was made to benefit man..." Mark 2:27

ADJUST _____

"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

EXCHANGE _____

Jesus: "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. 11:28-29 (NCV)