FaithPoint Lutheran Church

From Stressed to Blessed

Message Outline 50 Days of Transformation

Pastor Steve Trewartha January 17/18, 2015

7 common sources of stress

1. Worry - There are \_\_\_\_\_\_\_ things to \_\_\_\_\_\_\_ about today.

2. Hurry - comes from \_\_\_\_\_\_\_\_\_\_\_\_\_\_ pace of life.

3. Crowds -\_\_\_\_\_\_\_ % of Americans live in a \_\_\_\_\_\_\_.

4. CHOICE – Choice can be good, but it also causes \_\_\_\_\_\_\_\_\_\_

5. Loss – We can’t do anything without being \_\_\_\_\_\_\_\_ & \_\_\_\_\_\_\_\_

Big Brother knows how many \_\_\_\_\_\_\_\_\_\_ and how many \_\_\_\_\_\_\_\_\_\_\_

we need.

6. Conflict- Technology has \_\_\_\_\_\_\_\_\_ the globe and we now a \_\_\_\_\_\_ pot.

7. Future – We often project the future in \_\_\_\_\_\_\_\_\_\_\_\_\_\_ ways.

WORRY – is pre-imagining the \_\_\_\_\_\_\_\_\_ in a \_\_\_\_\_\_\_\_\_\_\_\_ way.

“Worry is a misuse of the imagination.” Dan Zadra

“Write \_\_\_\_\_\_\_\_ worries in sand. Chisel yesterday’s \_\_\_\_\_\_\_\_\_\_\_ in stone.”

“Small worries are like \_\_\_\_\_\_\_\_\_; movement and \_\_\_\_\_\_\_\_\_\_ disperse them.”

We can’t change the \_\_\_\_\_\_ but we can ruin the \_\_\_\_\_\_\_\_\_\_ by worrying

about the future.

Psalm 27 says, “The Lord is my light and my salvation, whom shall I fear?”

Psalm 23 says, “The Lord is my shepherd, I shall not want.”

God wants us to place our ultimate security in him—the One whom can never

be taken away from us.

2. We ALL NEED \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Sabbath is about the re \_\_\_\_\_\_\_\_\_\_\_\_

Sabbath is a gift to be enjoyed; not a burden to be compulsively obeyed.

“Love and \_\_\_\_\_\_\_\_\_\_ are fundamentally incompatible. John Ortberg

If you put a \_\_\_\_\_\_ under constant tension, it is bound to \_\_\_\_\_\_\_\_\_.

 “Six days are set aside for work. But every seventh day you must rest

 completely. Even during your seasons of plowing and harvest you must

 observe a Sabbath day of rest.” Exodus 34:21

REST, REFOCUS, RECHARGE.

3. RESTORE OUR SOUL WITH BEAUTY

Crowds cause \_\_\_\_\_\_\_\_\_\_\_ Beauty relieves \_\_\_\_\_\_\_\_\_

1. Get \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ every day.

2. Start Your Day with God.

The first minutes of the day, set the \_\_\_\_\_\_tone for the rest of the day.

“Whatever is true, whatever is honorable, whatever is just, pure,

lovely, gracious, if these is any excellence, anything worthy of praise,

think about these things.” Phil. 4:8

4. Go to God for guidance.

says this “If any one lacks wisdom let him ask of God who gives to all

generously and without reproach, and it will be given.” James 1

“He guides me in the right paths for his name's sake.” Psalm 23:3

5. TRUST GOD’S IN THE DARK VALLEYS

The Bible says even God grieves. Jesus wept when he heard Lazarus had died.

Grief doesn’t \_\_\_\_\_\_\_\_\_\_; fear does.

“Even though I walk through the valley of the shadow of death, I will fear no evil,

Your rod and your staff comfort me.” Psalm 23

6. CONFLICT

“If it is possible, as far as it depends on you, live at peace with everyone.” Rom.12:18

We should never let a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_to be solved become more important

than a \_\_\_\_\_\_\_\_\_\_\_ to be loved.

7. FUTURE

“And I am sure that he who began a good work in you will bring it to completion

at the day of Christ Jesus.” Philippians 1:6

“Surely goodness and mercy will follow me all the days of my life.” Psalm 23:6

“Come to me all you who labor and are heavy-laden, and I will give you rest … Take

my yoke upon you ... for my yoke is easy and my burden is light.” Jesus