

SEVEN SECRETS OF STRESS FREE LIVING
How To Be At Peace - Part 1

1. KNOW WHO YOU _____
- the Principle of _____

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.'"

John 8:18 "I am the one who testifies for Myself."

2. KNOW WHO YOU'RE _____
- the Principle of _____

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."

Matthew 6:33 "But seek first His Kingdom and His righteousness, and all these things will be given to you as well."

3. KNOW WHAT YOU _____
- the Principle of _____

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

4. FOCUS ON _____
- the Principle of _____

Luke 4:42-44 "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. But He said, 'I must preach the good news of the kingdom of God to the other towns also, because that's why I was sent.' And He kept right on preaching in the synagogues of Judea."

5. DON'T TRY TO _____
- the Principle of _____

Mark 3:13-14 "Jesus went up on a mountainside and called to Him those He wanted, and they came to Him. He appointed twelve-designating them apostles-that they might be with Him and that He might send them to preach."

6. MAKE A HABIT OF _____
- the Principle of _____

Mark 1:35 "Very early in the morning, while it was still dark, Jesus got up, left the house and went out to a solitary place, where He prayed."

7. TAKE TIME OFF _____
- the Principle of _____

Mark 6:30-31 "The apostles gathered around Jesus and reported to Him all they had done and taught. Then, 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.'"

1 Timothy 6:17b "...to put their hope in God, who richly provides us with everything for our enjoyment."

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

8. GIVE YOUR _____
- the Principle of _____