

*Stress & Time*

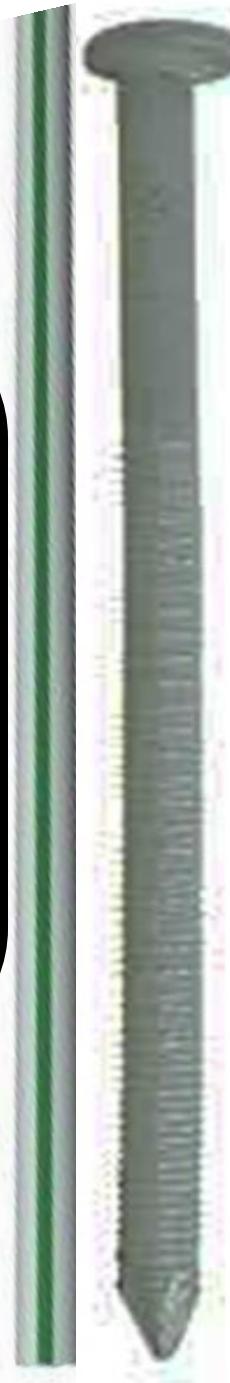


*Shortcuts  
to  
Productivity*

**External Pressure** Divided by:

**Internal**

**strength**



# Pleasure

II Tim. 3:4

# God

Lovers of  
**Pleasure**

Lovers of  
**GOD**

rather  
than

Feel  
**Stre  
ssed**

# Pleasure

# Craves

# God

Ps. 78:29

They ate & had their fill; he handed them **Everything** they **Craved** on a platter.

But their **Greed** knew  
**No Bounds!!!!!!**

Prov. 21:26

**All Day Long** he **Craves** for **More**

Feel  
Stre  
ssed

# Pleasure

# God

## Craves

## Media

“After” - 3 times, Substances  
Tests  
1. Go w/out  
2. Stop

Feel

Stressed

External Pressure  
Divided by:  
Internal **strength**

Downward Spiral called ?

# Pleasure

# God

Craves

1. Media

2

Blaming

Complaining Strife

External Pressure Divided by:

Internal **strength**

Feel

Stressed

Emptiness Grows

picture



# Pleasure

# God

Craves

1. Media

2. Blaming

Feel  
Stre  
ssed



Same Question

write

# Pleasure Craves

1. Media

2 Blaming

Feel  
Stre  
ssed

God  
Calls  
us to be  
Willing  
to **Change**

Ps. 51:17 The sacrifices of God  
are a **Broken** spirit; a  
**Broken & Contrite**  
heart, O God,  
you will not despise.

Stress – Increase / STAY willing

In **Stress** God is calling me to be **WILLING** to:

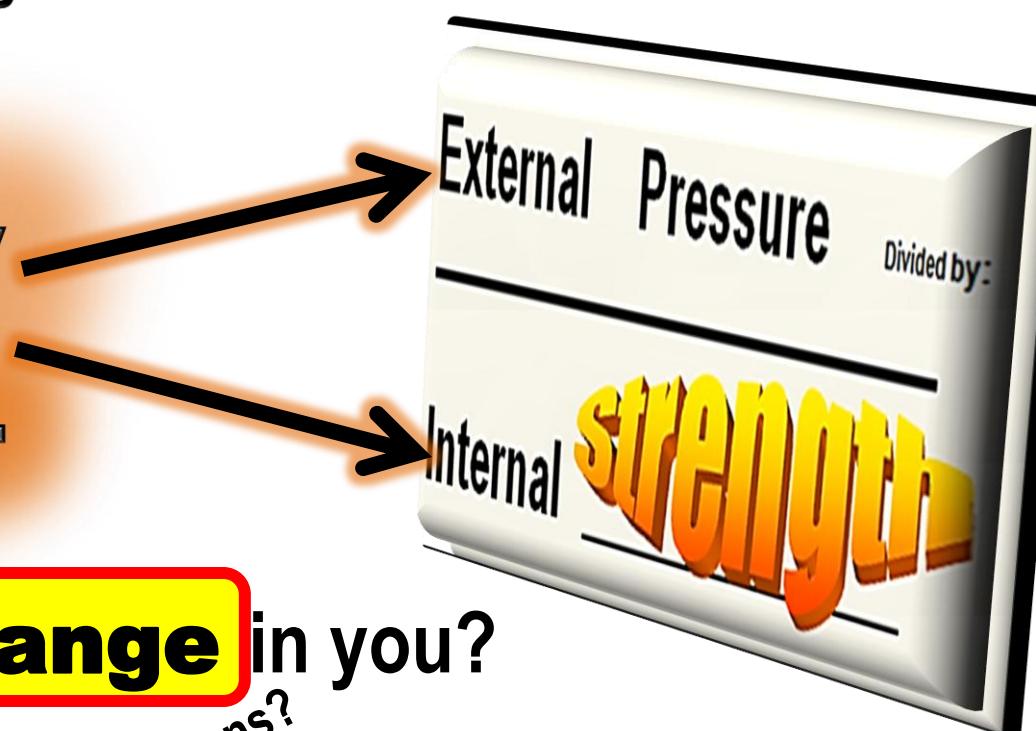
1. Change the Way I

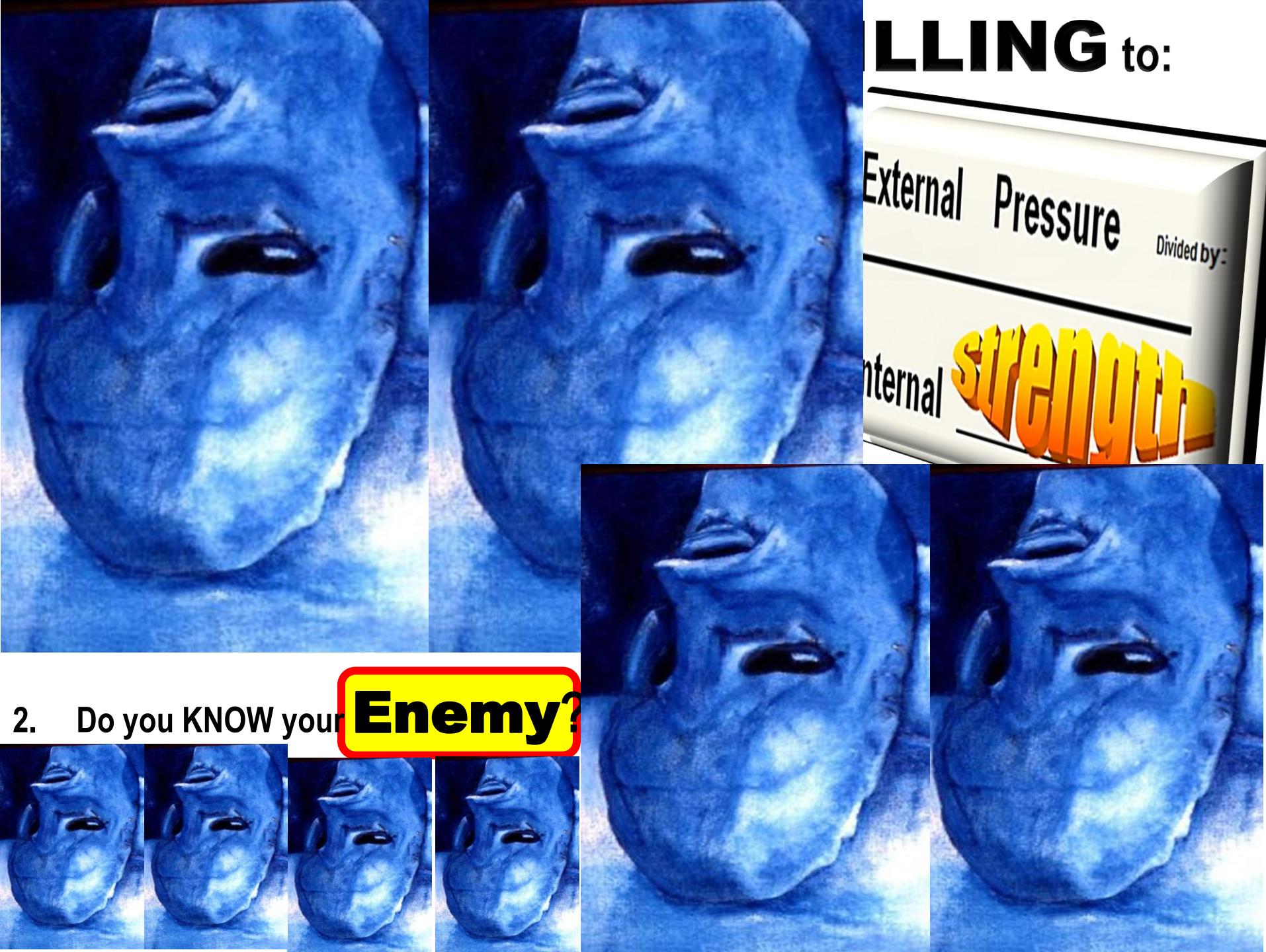
# Pray

3 ?s

1. Is there **Obvious Daily Change** in you?

Consistent ?  
Schedule ?  
Issues ?  
19<sup>th</sup> Description  
7 Weapons ?



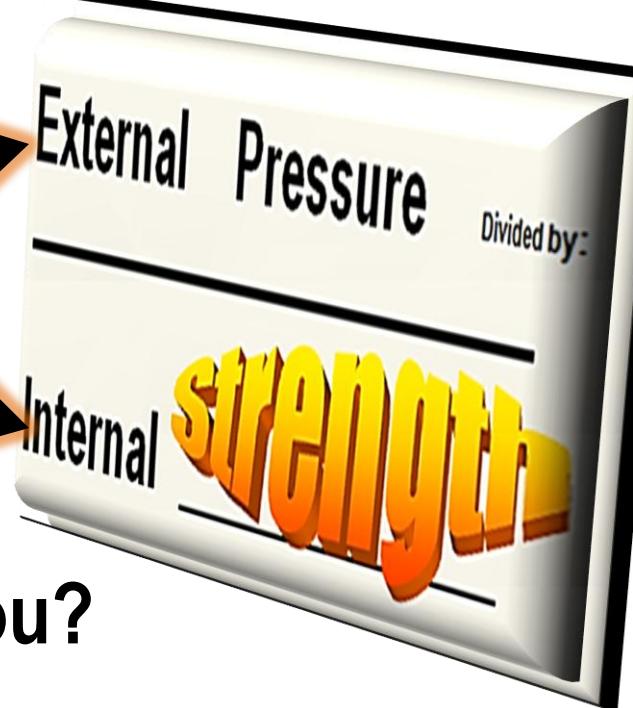
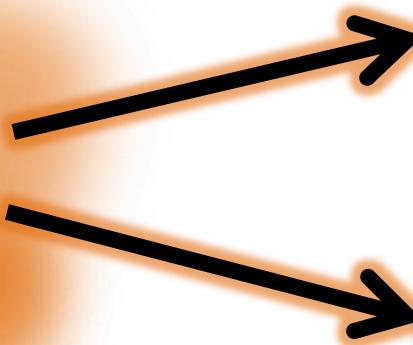


2. Do you KNOW your **Enemy?**

In **Stress** God is calling me to be **WILLING** to:

1. Change the Way I

# Pray



3 ?s

1. Is there **Obvious Daily Change** in you?

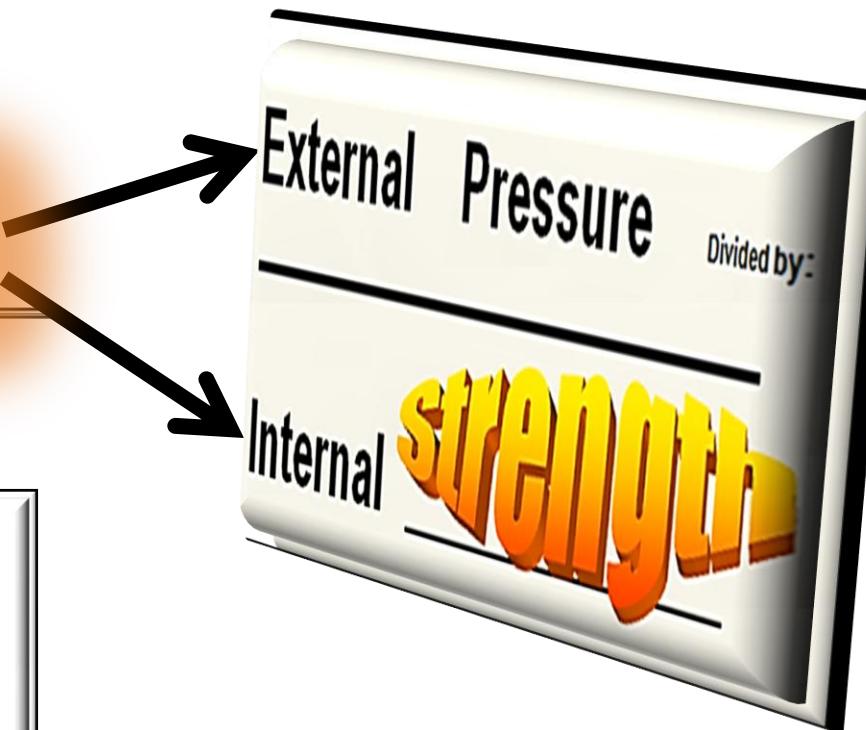
2. Do you **KNOW** your **Enemy**?

<sup>3</sup> Are you **Willing** to **Change**

In **Stress** God is calling me to be **WILLING** to:

2. Change my

# Decision Making Process



►This Week's  
**Top Takeaways**

1. **Def. of Stress**
2. When we feel **Stressed**

External Pressure Divided by:

Internal **strength**

**Pleasure**  
Craves

1. Media

2. Blaming

**God**

Calls  
us to be Willing  
to Change  
the way we Pray

& make  
**Decisions**

Next 2 weeks

**Seeking**

but

**NOT Ready**

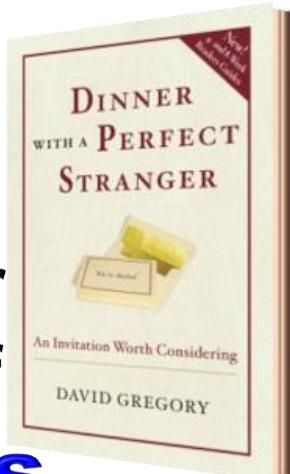
to commit

**Everything to Jesus**

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**Help**

me to

remember  
the def. of

**Stress**

**Salvation**

Ready TODAY

to give

**Everything**

to Jesus

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I  
**Receive**  
**Your Life**  
**Inside** me

**Sold Out**

Jesus is our

**Only  
Reason**

For Living

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I claim grace to  
forever remember the

**Definition**

of

**Stress**

# 1 Minute - *DEBRIEF*

- Your *Favorite* pt. or what *Helped* you
- *Prayers*



**Seekers** & **Salvation**



***Pastor Johns***  
***Personal testimony 2 cds***