Have A Merry **STRESS**mess!

Psalm 23:1

Pastor Bobby Garvin

<u>At Christmas we STRESS Over</u>

1. **Money**
2. **Memories**
3. **Management of Time**
4. **Mall**
5. **Men(Answer for Ladies Only)**

This makes us act like a **Maniac**

<u>The Problem with STRESSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSS</u>

1. It is **unhelpful**.
2. It is **unreasonable**.
3. It is **unhealthy**.
4. It is **unnecessary**.

<u>The Antidote to STRESSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSSS</u>

Believe God will take care of you! (Psalm 23:1)

<u>THREE PRINCIPLE FOR A STRESSSSSSSSSSSSSSSSSS FREE LIFE!</u>

1. God's **plan** for your life is unique; therefore, refuse to compare yourself with others (Jeremiah 29:11; Habakkuk 1:5).
2. God's **purpose** for your life is based on His elective will; therefore, trust in His sovereignty (Isaiah 46:10-11; Psalm 135:6; Job 42:2).
3. God's **provision** for your life come from His goodness; therefore, be grateful for what He has already provided (Philippians 4:19; Psalm 23:6).