

# NOTES

## Not OK?

Message Three | Not OK With Your Time?

1 John 5:4 (NIV), John 16:33 \_\_\_\_\_

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Stress: Stress is the pressures of life and how one perceives, believes, reacts, and copes with these pressures. \_\_\_\_\_

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## Three Basic Truths about Stress:

Truth #1: Not all stress is \_\_\_\_\_.

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Truth #2: Too much stress is \_\_\_\_\_.

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Truth #3: What you \_\_\_\_\_ to be stressful to you... is.

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## Four Things You Need to Know in Order to Manage Stress:

1. Know your \_\_\_\_\_.  
John 5:30, Matthew 6:33 \_\_\_\_\_

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2. Know Your \_\_\_\_\_.  
John 8:14 \_\_\_\_\_

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3. Know when to \_\_\_\_\_+.  
Mark 6:31 \_\_\_\_\_

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4. Know your \_\_\_\_\_.  
Mark 1:35, 1 Peter 5:7 (NIV) \_\_\_\_\_

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*What is God speaking to me today? Who can I invite to church?*

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