## **NOTES**

## Not OK? Message Three | Not OK With Your Time? 1 John 5:4 (NIV), John 16:33 \_\_\_\_\_ Stress: Stress is the pressures of life and how one perceives, believes, reacts, and copes with these pressures.\_\_\_\_\_ **Three Basic Truths about Stress:** Truth #1: Not all stress is \_\_\_\_\_\_. Truth #2: Too much stress is \_\_\_\_\_\_. Truth #3: What you \_\_\_\_\_ to be stressful to you... is.

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

1. Know your
John 5:30, Matthew 6:33
2. Know Your
John 8:14
3. Know when to+.
Mark 6:31
4. Know your
Mark 1:35, 1 Peter 5:7 (NIV)
What is God speaking to me today? Who can I invite to church?

All Scripture is from the New King James Version (NKJV) unless otherwise noted. View message notes online at ChurchoftheKing.com/youversion.