

# NOTES

## Triggers

Message Four | Triggered By Stress?

Luke 22:54-62, John 16:33

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Stress: The pressures of life and how one perceives, believes, reacts, and copes with these pressures.

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Four Things You Need to Know in Order to

Manage Stress Triggers:

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 \_\_\_\_\_

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1 Peter 5:7-8 (NIV) \_\_\_\_\_

**MY STRESS CONFESSION**

- God takes my anxiety.  
I cast all my cares upon Him, and He takes them.  
**1 Peter 5:7**
- Jesus gives me His peace and rest.  
I am not overwhelmed; I will not be shaken.  
**John 14:27, Psalm 16:8, Matthew 11:28**
- God's given me all I need for today.  
I have everything I need for a fulfilled life and godliness.  
**Psalm 23:1, 2 Peter 1:3**
- The Holy Spirit is in and with me and fills me with power.  
I am not alone, and I have strength for today.  
**John 14:16-17, Acts 1:8**
- God's already in my tomorrow.  
So, I don't need to be anxious when I arrive.  
**Matthew 6:34**

What is God speaking to me? Who can I invite to church this week? \_\_\_\_\_

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