

**HIGH IMPACT CHRISTIANITY  
UNDER PRESSURE  
Part 2: Priorities  
September 9, 2007**

"My times are in Your hands ..."

Psalm 31:15 (NAS)

**THE IMPACT OF STRESS**

- **STRESS = The body's response to \_\_\_\_\_.**

"I am overwhelmed by my troubles ... My heart pounds in my chest. The terror of death assaults me. Fear and trembling overwhelm me, and I can't stop shaking. Oh, that I had wings like a dove; then I would fly away and rest." Psalm 55:2, 4-6 (NLT)

**A. \_\_\_\_\_ IMPACT**

- \_\_\_\_\_ to \_\_\_\_\_% of physical illnesses are attributable to \_\_\_\_\_ related disorders.

**B. \_\_\_\_\_ IMPACT**

"It takes eleven days to go from Horeb to Kadesh Barnea by the Mount Seir road." Deuteronomy 1:2 (NIV)

**LIVING WITH STRESS**

**1. Have the right \_\_\_\_\_**

"Do everything without complaining or arguing ..." Philippians 2:14 (NIV)

- \_\_\_\_\_ people have a lower risk of all causes of death than those that describe themselves as \_\_\_\_\_.

**2. \_\_\_\_\_**

"Where there is no vision, the people perish ...." Proverbs 29:18 (KJV)

**3. Remember what's \_\_\_\_\_**

"Set your minds on things above, not on earthly things." Colossians 3:2 (NIV)

## REDUCING STRESS THROUGH SETTING PRIORITIES

### A. WHAT ARE MY PRIORITIES?

1. What do I \_\_\_\_\_ about? \_\_\_\_\_
2. Where do I spend \_\_\_\_\_? + \_\_\_\_\_
3. Where do I spend \_\_\_\_\_? + \_\_\_\_\_

= MY PRIORITIES

### B. PRIORITIES ACCORDING TO JESUS

"... an expert in the law, tested Him with this question: "Teacher, which is the greatest commandment in the Law?" Jesus replied: "Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it - Love your neighbor as yourself."

Matthew 22:35-39 (NIV)

1. Love \_\_\_\_\_

- We were made to live in close relationship with God. This relationship sets the tone for every other aspect of our lives.

2. Love \_\_\_\_\_

- This is not a selfish or self-serving thing. A healthy "self love" is a natural outgrowth of our love for God the Father. When I love myself the way God loves me, I will not venture into self-centered pursuits; rather, I will live for the purposes for which God created me.

3. Love \_\_\_\_\_

- I love others as a natural extension of how God loves me.

"... do not worry, saying, "What shall we eat?" or "What shall we drink?" or "What shall we wear?" For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first His Kingdom and his righteousness, and all these things will be given to you as well."

Matthew 6:31-33 (NIV)

• Live By \_\_\_\_\_ Not \_\_\_\_\_.