



## How Do I Handle Stress?

(Job 9:25 NCV) My days go by faster than a runner; they fly away without my seeing any joy.

## A Better Life

It is better to have \_\_\_\_\_ of what doesn't matter and \_\_\_\_\_ of what does.

(Ecclesiastes 4:6 NIV) Better one handful with tranquility than two handfuls with toil and chasing after the wind.

It is better to live by \_\_\_\_\_, not by \_\_\_\_\_.

(Psalm 139:16 NIV) All the days ordained for me were written in your book before one of them came to be.

It is better to get the \_\_\_\_\_ done, not \_\_\_\_\_ done.

(Proverbs 17:24 GN) An intelligent person aims at wise action, but a fool starts off in many directions.

## Running My Race

(Hebrews 12:1 NIV) Let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.

1. Regularly \_\_\_\_\_.

(Psalm 39:4-5 NLT) LORD, remind me how brief my time on earth will be. Remind me that my days are numbered, and that my life is fleeing away. My life is no longer than the width of my hand. An entire lifetime is just a moment to you; human existence is but a breath.

2. Make \_\_\_\_\_.

(Psalm 90:12 LB) Teach us to number our days and recognize how few they are; help us to spend them as we should.

3. Focus on \_\_\_\_\_.

(Matthew 6:33 NIV) But seek first his kingdom and his righteousness, and all these things will be given to you as well.

\_\_\_\_\_ matters.

(Luke 12:15 NIV) Then Jesus said to them, "Watch out! Be on your guard against all kinds of greed; a man's life does not consist in the abundance of his possessions."

(Luke 12:20-21 NIV) But God said to him, "You fool! This very night your life will be demanded from you. Then who will get what you have prepared for yourself?" This is how it will be with anyone who stores up things for himself but is not rich toward God.

(Philippians 3:7-8 NIV) But whatever was to my profit I now consider loss for the sake of Christ. What is more, I consider everything a loss compared to the surpassing greatness of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them rubbish, that I may gain Christ.

\_\_\_\_\_ matter.

(Galatians 5:13-15 NIV) Serve one another in love. The entire law is summed up in a single command: "Love your neighbor as yourself." If you keep on biting and devouring each other, watch out or you will be destroyed by each other.

(Ecclesiastes 4:12 NLT) A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.

\_\_\_\_\_ matters.

(Matthew 13:44 NIV) "The kingdom of heaven is like treasure hidden in a field. When a man found it, he hid it again, and then in his joy went and sold all he had and bought that field."

## How Do I Handle Stress?

(Job 9:25 NCV) My days go by faster than a runner; they fly away without my seeing any joy.

## A Better Life

It is better to have less of what doesn't matter and more of what does.

(Ecclesiastes 4:6 NIV) Better one handful with tranquility than two handfuls with toil and chasing after the wind.

It is better to live by design, not by default.

(Psalm 139:16 NIV) All the days ordained for me were written in your book before one of them came to be.

It is better to get the right things done, not more things done.

(Proverbs 17:24 GN) An intelligent person aims at wise action, but a fool starts off in many directions.

## Running My Race

(Hebrews 12:1 NIV) Let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.

### 1. Regularly take inventory.

(Psalm 39:4-5 NLT) LORD, remind me how brief my time on earth will be. Remind me that my days are numbered, and that my life is fleeing away. My life is no longer than the width of my hand. An entire lifetime is just a moment to you; human existence is but a breath.

### 2. Make tough decisions.

(Psalm 90:12 LB) Teach us to number our days and recognize how few they are; help us to spend them as we should.

### 3. Focus on what matters most.

(Matthew 6:33 NIV) But seek first his kingdom and his righteousness, and all these things will be given to you as well.

God matters.

(Luke 12:15 NIV) Then Jesus said to them, "Watch out! Be on your guard against all kinds of greed; a man's life does not consist in the abundance of his possessions."

(Luke 12:20-21 NIV) But God said to him, "You fool! This very night your life will be demanded from you. Then who will get what you have prepared for yourself?" This is how it will be with anyone who stores up things for himself but is not rich toward God.

(Philippians 3:7-8 NIV) But whatever was to my profit I now consider loss for the sake of Christ. What is more, I consider everything a loss compared to the surpassing greatness of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them rubbish, that I may gain Christ.

People matter.

(Galatians 5:13-15 NIV) Serve one another in love. The entire law is summed up in a single command: "Love your neighbor as yourself." If you keep on biting and devouring each other, watch out or you will be destroyed by each other.

(Ecclesiastes 4:12 NLT) A person standing alone can be attacked and defeated, but two can stand back-to-back and conquer. Three are even better, for a triple-braided cord is not easily broken.

Eternity matters.

(Matthew 13:44 NIV) "The kingdom of heaven is like treasure hidden in a field. When a man found it, he hid it again, and then in his joy went and sold all he had and bought that field."