

SURVIVING MY SCHEDULE

SUMMER WISE – SUMMER NOT – Part 3

THREE KEYS TO REDUCING THE STRESS OF MY SCHEDULE:

1. I LINE UP MY PRIORITIES.

Proverbs 17:24 (CEV) Anyone with wisdom knows what makes good sense, but fools can never make up their minds.

Proverbs 12:11 A hard worker has plenty of food, but a person who chases fantasies has no sense.

Proverbs 16:9 We can make our plans, but the Lord determines our steps.

Evaluate: “How clear are my priorities?”

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1 2 3 4 5 6 7 8 9 10

2. I LIGHTEN UP MY ATTITUDE.

Proverbs 12:25 (NIV) Anxiety weighs down the heart.

Proverbs 14:30 A peaceful heart leads to a healthy body

Proverbs 17:22 (MSG) A cheerful disposition is good for your health; gloom and doom leave you bone-tired.

Evaluate: “How positive is my attitude?”

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1 2 3 4 5 6 7 8 9 10

3. I LOOK UP TO GOD.

Proverbs 10:27 Fear of the Lord lengthens one's life,

Proverbs 14:26 Those who fear the Lord are secure;

Proverbs 3:5-6 Trust in the Lord with all your heart; do not depend on your own understanding. 6 Seek his will in all you do, and he will show you which path to take.

Evaluate: "How deep is my relationship with God?"

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1 2 3 4 5 6 7 8 9 10

Mark 8:37 Is anything worth more than your soul?

Matthew 11:28 Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest."