

**"WHAT ARE YOU STRESSING OVER?"**  
*(Matthew 11:28-29)*

**Note:** There are **{two}** essentials to overcoming stress!

**I. {POSSESSIONS}**

*\*Philippians 4:19*      *\*Matthew 6:31-33*      *\*I Corinthians 4:2*      *\*Luke 16:10-12*  
*\*Proverbs 12:27*      *\*I Timothy 6:6-8*      *\*Psalm 37:25-26*

**Note:** Are you **{content}** or **{covetous}**?

**II. {PEOPLE}**

*\*Hebrews 13:5-6*      *\*Psalm 37:23*      *\*Jeremiah 29:11*      *\*Psalm 84:11*  
*\*I Corinthians 7:27-38*      *\*Psalm 23:5*      *\*I Thessalonians 5:18*

**Note:** There are **{four}** ways God could deal with your **enemies**!

**III. {PROBLEMS}**

*\*John 16:33*      *\*Psalm 50:15*      *\*Ecclesiastes 7:14*      *\*Proverbs 26:11*  
*\*Romans 8:28-30*      *\*I Peter 5:5-7*      *\*Isaiah 40:28-31*

**IV. {PASSING}**

*\*Hebrews 9:27*      *\*Ecclesiastes 3:2a*      *\*Amos 4:12*      *\*Psalm 23:4*  
*\*Revelation 14:13*      *\*Revelation 22:12*      *\*I John 2:28*

**Note:** There are **{two}** questions every person should consider about death and eternity.