

**What's Next**  
**Chapter 2: From Stressed to Blessed**  
Pastor Jayce O'Neal / May 10, 2020

**BIG QUESTION**

What is your biggest \_\_\_\_\_?

**BIG IDEA**

\_\_\_\_\_ of mind makes the body \_\_\_\_\_.

**5 SPIRITUAL HABITS THAT REDUCE STRESS**

1. LOOK TO GOD TO MEET ALL MY \_\_\_\_\_

**NEXT STEP:** MEMORIZE \_\_\_\_\_

2. I NEED TO \_\_\_\_\_ GOD'S INSTRUCTION ABOUT  
\_\_\_\_\_

**NEXT STEP:** OBSERVE \_\_\_\_\_

3. \_\_\_\_\_ MY SOUL WITH \_\_\_\_\_

**NEXT STEP:** SET TO FOCUS ON THE \_\_\_\_\_ OF GOD

4. GO TO GOD FOR \_\_\_\_\_

**NEXT STEP:** KNOWING GOD'S WILL - \_\_\_\_\_

5. \_\_\_\_\_ GOD IN DARK VALLEYS

**NEXT STEP:** RECEIVE JESUS AS \_\_\_\_\_ OR  
\_\_\_\_\_ HIM

## NOTES

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## VERSES FOR THE WEEK

Monday: Psalm 23:1-2

Tuesday: Psalm 23:3-4

Wednesday: Psalm 23:5-6

Thursday: Proverbs 14:30

Friday: Philippians 4:8

Saturday: James 1:5

Sunday: John 16:33

## ANNOUNCEMENTS

- **SMALL GROUPS:** Join one of our summer virtual small groups! Some begin meeting in May and some start meeting the week of June 1<sup>st</sup>. Check out the list of groups available here: [redchurch.cc/next-steps/small-groups](https://redchurch.cc/next-steps/small-groups)
- **CHECK-IN:** Don't forget to help make a difference and check-in on Facebook - Snap a picture, TAG RED Church, and check in!