



Part 2 SQUISHED BY STRESS

FEARS & CHAINS THAT CAUSE STRESS

1. Fear of _____
→ Can we be so _____ 'chasing the dream' that we end up missing out on what's _____?
2. Fear of looking _____ & _____
→ We can attempt to _____, but at what _____?
3. Fear of _____
→ Particularly if you're an _____, it's easy to live under the fear of _____ or _____ people, but that can lock you into _____ & _____ behaviours.
4. Fear of _____
→ Can seduce us out of _____ & into exhausting _____.

6 PRACTICAL STRESS-UNSQUISHERS

1. Start a _____
* _____ is not a _____ to be _____; it can easily become an _____ needing to be put to _____.
* _____ the _____ = Anything _____

2. _____ your _____
* The more there is in a _____ in your head, the more stressed you become.
* So _____ things down and then _____ them in an _____ fashion.

3. Carefully distinguish _____ & _____
* Urgent _____ stress; important _____ it.
* The first things on your to-do list should be the _____ AND _____.
* Try to get the important _____ than the urgent.
4. _____ idea, _____ idea or just plain _____ idea?
* There's so much we _____ be doing, but what _____ we be doing?
* We can _____ ourselves doing things we should have _____ doing years ago.
* We can spend a great deal of time doing things that _____ on the outside, but aren't really _____ any kingdom _____.
5. Learn to _____ at the _____
* There's a _____ of _____ and stress is the _____ consequence of _____ or _____ with that (Matthew 11:28-30, MSG).
* Stress Definition: An _____ state of heart which is the inevitable consequence of trying to _____ of God.
* There's an inevitable _____ that comes when you do your _____ things your own _____ in your own _____.
* There's a clarity, favour & grace that comes when you do _____ things in _____ way & in _____ strength.
* Flesh _____; Spirit _____ (John 6:63)
* Grace is His _____ & it's readily available to us in moments of _____ or _____ (2 Corinthians 12:9).
6. Learn to quickly & frequently _____ your _____
* You have a _____ to _____ all your stresses (1 Peter 5:7, Psalm 55:22, Hebrews 4:16).
* In a world that feeds stress by advocating _____, we must learn to cultivate _____.