

Stress

This poor man cried, and the Lord heard him, and saved him out of all his troubles

Lesson Aim: Stop stressing

1. What are 3 causes of stress?
2. How do you handle stress?
3. What does Jesus say about stress?

Peter 5:7

Isaiah 40:31

Philippians 4:13

John 14:1

Psalm 9:9

Psalm 73:26

Isaiah 41:10

Psalm 46:1-3

John 14:27

Psalm 55:22

Psalm 34:4