

\* *Worship Songs*

*"Whom Shall I Fear"*

*"How Can It Be"*

*"How Marvelous"*

*Offering & Tithe*

*Song*

*"You Say"*

*Scripture*

*Job 9:25 (NCV); Jeremiah 6:16 (NIV)*

*Prayer*

*Message*

*"YW2K: Help! I'm Stressed!"*

*Jack D. Cohen*

\**Prayer Time*

*"Singing in the Victory"*

\**Closing*

YOU  
WANTED  
TO KNOW



YOU WANTED TO KNOW

HELP! I'M STRESSED!

HELP! I'M STRESSED!

*"Many are the afflictions of the righteous but the LORD delivers him out of them all."* – Psalm 34:19 (NKJV)

✓ **My \_\_\_\_\_ is lower**

*"Be careful, or your hearts will be weighed down with carousing, drunkenness and the anxieties of life, and that day will close on you suddenly like a trap."* – Luke 21:34

✓ **My \_\_\_\_\_ are inconsistent**

*"My days go by faster than a runner; they fly away without my seeing any joy."* – Job 9:25 (NCV)

✓ **My \_\_\_\_\_ suffers**

*"...a person in a hurry makes mistakes."* – Proverbs 19:2 (GW)

✓ **My \_\_\_\_\_ meaning**

*"We are merely moving shadows, and all our busy rushing ends in nothing."* – Psalm 39:6 (NLT)

✓ **My \_\_\_\_\_ seems distant**

*"Be still and know that I am God."* – Psalm 46:10

*"It is better to have only a little, with peace of mind, than be busy all the time..."* – Ecclesiastes 4:6 (GN)

3 MAIN CAUSES

*"Find rest, O my soul, in God alone; my hope comes from him. He alone is my rock and my salvation; he is my fortress, I will not be shaken. My salvation and my honor depend on God; he is my mighty rock, my refuge. Trust in him at all times, O people; pour out your hearts to him, for God is our refuge. Selah. Lowborn men are but a breath, the highborn are but a lie; if weighed on a balance, they are nothing; together they are only a breath. Do*

*not trust in extortion or take pride in stolen goods; though your riches increase, do not set your heart on them."*  
– Psalm 62:5-10

- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_
- ✓ \_\_\_\_\_

*"This is the inscription that was written: MENE, MENE, TEKEL, PARSIN. Here is what these words mean: Mene: God has numbered the days of your reign and brought it to an end. Tekel: You have been weighed on the scales and found wanting. Peres: Your kingdom is divided and given to the Medes and Persians."*  
– Daniel 5:25-28

FOCUS ON WHAT MATTERS

*"This is what the LORD says: "Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls. But you said, 'We will not walk in it.'"*  
– Jeremiah 6:16

✓ **A sense of \_\_\_\_\_ & \_\_\_\_\_ matters**

*"LORD, remind me how brief my time on earth will be. Remind me that my days are numbered, and that my life is fleeing away. My life is no longer than the width of my hand. An entire lifetime is just a moment to you; human existence is but a breath."*  
– Psalm 39:4-5 (NLT)

✓ \_\_\_\_\_ & \_\_\_\_\_ matter

*"Teach us to number our days and recognize how few they are; help us to spend them as we should."*  
– Psalm 90:12 (TLB)

*"But seek first his kingdom and his righteousness, and all these things will be given to you as well."*  
– Matthew 6:33

✓ \_\_\_\_\_ matters

*"Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal."*  
– 2 Corinthians 4:16-18