

WELCOME TO HAVEN

September 10, 2023

Welcome

Worship Songs

"Battle Belongs"

"Give Me Faith"

Prayer

Scripture for Today

Hebrews 4:9-11 (NIV)

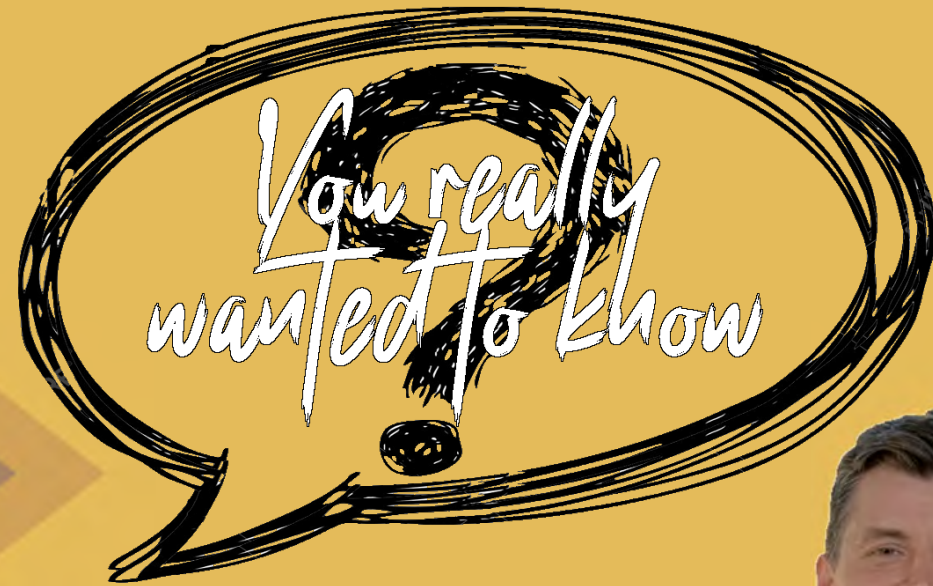
Message

You Really Wanted to Know: Stress Out *Jack D. Cohen*

Offering/Worship Song

"Hold on to Me"

*Closing



YOU REALLY WANTED TO KNOW

STRESS OUT

- Pressure > _____

“Moses’ father-in-law said to him, “What you are doing is not good. You and the people with you will certainly wear yourselves out, for the thing is too heavy for you. You are not able to do it alone.”

– Exodus 18:17-18 (ESV)

“If you do this, God will direct you, you will be able to endure, and all this people also will go to their place in peace.”

– Exodus 18:23 (ESV)

“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

– Matthew 11:28-30

1) Our capacity increases when we _____ & _____

“You have six days in which to do your work, but the seventh day is a day of rest dedicated to Me.”

– Exodus 20:9-10 (GN)

“There remains, then, a Sabbath-rest for the people of God; for anyone who enters God’s rest also rests from their works, just as God did from his. Let us, therefore, make every effort to enter that rest.”

– Hebrews 4:9-11

2) Our capacity increases when we _____

“Each one should test their own actions. Then they can take pride in themselves alone, without comparing themselves to someone else, for each one should carry their own load.”

– Galatians 6:4-5

3) Our capacity increases when we know what _____

“Therefore, my brothers and sisters, make every effort to confirm your calling and election. For if you do these things, you will never stumble, and you will receive a rich welcome into the eternal kingdom of our Lord and Savior Jesus Christ.”

– 2 Peter 1:10-11

- Your _____ has a _____

“Better one handful with tranquility than two handfuls with toil and chasing after the wind”

– Ecclesiastes 4:6

4) Our capacity increases when _____

“There was a man all alone; he had neither son nor brother. There was no end to his toil, yet his eyes were not content with his wealth. “For whom am I toiling,” he asked, “and why am I depriving myself of enjoyment?”

“Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.”

– Ecclesiastes 4:8-12

5) Our capacity increases when _____

“Let me tell you why you are here. You’re here to be salt-seasoning that brings out the God-flavors of this earth. Here’s another way to put it: You’re here to be light, bringing out the God-colors in the world. God is not a secret to be kept. We’re going public with this, as public as a city on a hill. Now that I’ve put you there on a hilltop, on a light stand—shine! Keep open house; be generous with your lives. By opening up to others, you’ll prompt people to open up with God, this generous Father in heaven.”

– Matthew 5:13-16 (MSG)

- Sar: “_____, Lord, chief, general”
- Shalom: “_____, wholeness, completeness, contentment”

“I will lie down and sleep in peace, for you alone, O LORD, make me dwell in safety.”

– Titus 3:4-6

“The LORD gives strength to his people; the LORD blesses his people with peace.”

– Psalm 29:11

“This is the message of Good News for the people of Israel—that there is peace with God through Jesus Christ, who is Lord of all.”

– Acts 10:36 (NLT)

“Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ.”

– Romans 5:1

- Most of our _____ comes from _____ God’s principles

“But seek first his kingdom and his righteousness, and all these things will be given to you as well.”

– Matthew 6:33