

WELCOME TO HAVEN

February 23, 2025

Welcome

Worship Songs

"Praise"

"Faithful God"

Prayer

Scripture for Today

Psalm 118:5-6 (LB)

Message

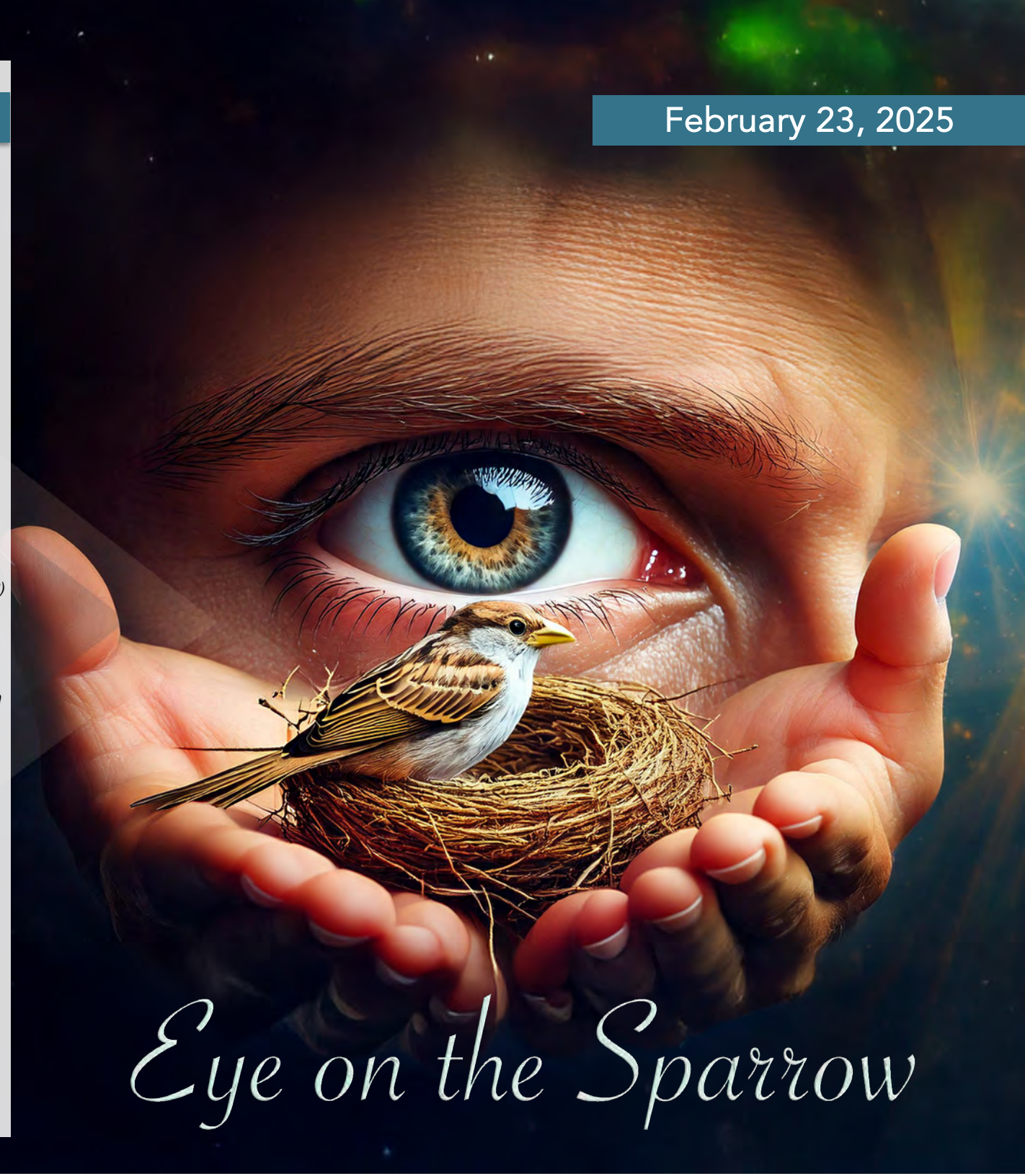
"Stress Out"

Jack D. Cohen

Offering/Worship Song

"A Thousand Hallelujahs"

**Closing*



Eye on the Sparrow

EYE ON THE SPARROWSTRESS OUT

■ **MYTH:** “Other _____ cause my _____”

■ **TRUTH:** How I _____ creates the stress

JESUS’ 7 PRINCIPLES FOR HANDLING STRESS

■ **Identification:** Know _____

“I am the bread of life...I am the light of the world... I am the gate for the sheep... I am the resurrection and the life... I am the good shepherd... I am the way and the truth and the life...”
– John 6:35, 41, 48, 51; John 8:12; John 10:7,9; John 11:25; John 10:11, 14

“I testify on my own behalf.” – John 8:18 (RSV)

■ **Dedication:** Know _____

“I only try to please the One who sent me.” – John 5:30 (NCV)

“No one can serve two masters...” – Luke 16:13

■ **Prioritization:** Know what _____

“... I know where I came from and where I am going.” – John 8:14

“I must proclaim the good news...for I was sent for this purpose.” – Luke 4:43 (RSV)

■ **Concentration:** Focus on _____

“As the time drew near for his return to heaven, he moved steadily onward toward Jerusalem with an iron will.” – Luke 9:51 (LB)

“Anyone who lets himself be distracted from the work I plan for him is not fit for the Kingdom of God.” – Luke 9:62 (LB)

“Martha was distracted... So Jesus said, ‘You are worried and bothered about so many things; but only a few things are necessary, really only one...’” – Luke 10:40-42 (NAS)

■ **Delegation:** Let _____

“He appointed twelve -- designating them apostles -- that they might be with him and that he might send them out to preach.” – Mark 3:14

■ **Mediation:** Make _____

“News about Jesus spread even more. Crowds came to hear him and to be healed...but Jesus often slipped away to be alone so he could pray.” – Luke 5:15-16 (NCV)

■ **Relaxation:** Take _____

“Crowds of people were coming and going so that they did not even have time to eat. He said to them, ‘Come away by yourselves, and we will go to a lonely place to get some rest.’” – Mark 6:31 (NCV)

“Jesus came enjoying life...” – Matthew 11:19 (Ph)

“Come to me, all of you who are tired and have heavy loads, and I will give you rest... learn from me... and you will find rest for your lives. The teaching that I ask you to accept is easy; the load I give you to carry is light.” – Matthew 11:28-30 (NCV)