

MESSAGE NOTES

YOU ASKED FOR IT
HOW CAN I BE FREE OF STRESS & ANXIETY? - CHAD FISHER

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

Principles of a Stress-Free Life

- It is better to have LESS of what doesn't matter and MORE of what does.
- It is better to live by DESIGN than by DEFAULT.
- It is better to get the RIGHT things done, not MORE things done.

Practices of a Stress-Free Life

Take INVENTORY often.

Make TOUGH decisions.

Focus on what MATTERS most.

- GOD matters.
- PEOPLE matter.
- ETERNITY matters.

OTHER SCRIPTURE REFERENCED:

Matt 25:36, 6:33; Job 9:25; Ecc 4:6, 4:12 (NLT); Proverbs 17:24 (GN); Hebrews 12:1
Luke 12:15-21; Mark 12:30-31; Psalm 139:16, 39:4-5 (NLT), 90:12 (TLB)

TO REACH THE UNCHURCHED AND AWAKEN THE SPIRITUALLY
RESTLESS TO BECOME FULLY DEVOTED FOLLOWERS OF JESUS

