

“Stress Is Bad”

“Forgive us our debts...”

Matthew 6:12

→ Most of Jesus’ parables have **money** and **possessions** as a background.

→ For decades, Americans have gone into debt in order to **buy their home**.

→ With the availability of credit, I can **stretch** the amount of ‘more’ that I can have now.

→ Now yells **louder**, but later lasts **longer**.

Pray three prayers:

1) God, give me **understanding**.

"My people are destroyed from lack of knowledge..." Hosea 4:6

"...godliness actually is a means of great gain, when accompanied by contentment." I Timothy 6:6

"Search me O God, and know my heart; try me and know my anxious thoughts; and see if there be any hurtful way in me, and lead me in the everlasting way." Psalm 139:23-24

2) God, give me strength **to obey**.

"God has not given us a spirit of timidity, but of power and love and discipline." 2 Timothy 1:7

"Like a city whose walls are broken through is a person who lacks self control." Proverbs 25:28

3) God, give me **a plan**.

"The plans of the diligent surely lead to advantage..." Proverbs 21:25

→I need a **list**.

→I need a **calendar**.

→I need a **strategy**.

→I need a **support team**.