

# Managing Life's Pressure

## To manage my pressure Proverbs teaches me to...

### 1. Know the “\_\_\_\_\_”

*An intelligent person aims at wise actions, but a fool starts off in many directions.* Proverbs 17:24

*...It is stupid to waste time on useless projects.* Proverbs 12:11

*We should make plans, counting on God to direct us.* Proverbs 16:9

### 2. Stay \_\_\_\_\_

*Anxiety in a person's heart weighs him down...* Proverbs 12:25

*A relaxed attitude lengthens a man's life;...* Proverbs 14:30

*Being cheerful keeps you healthy. It is a slow death to be gloomy all the time.* Proverbs 17:22

### 3. \_\_\_\_\_ completely

*Reverence for God adds hours to each day.* Proverbs 10:27

*Reverence for God gives a man deep strength;...* Proverbs 14:26

*Trust the Lord completely...in everything you do, put God first, and He will direct you and crown your efforts with success.* Proverbs 3:5-6

*If you declare with your mouth, “Jesus is Lord”, and believe in your heart that God raised him from the dead, you will be saved.* Romans 10:9