

Managing Life's Pressure

To manage my pressure Proverbs teaches me to...

1. Know the “main things”

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 relaxed

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. Trust God 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