

June 7, 2015
**HOW TO LIVE A STRESS-FREE LIFE
LIFE | IN 140 CHARACTERS – PART 5**
Proverbs 8:5
Rocky Purvis, Senior Pastor

General Mills Corporation surveyed 15,000 people in a study entitled “Family Health in an Era of Stress.” 82% indicated they very much needed help in learning how to cope with stress.

The American Academy of General Practitioners has concluded that two-thirds of the people they see have stress related illnesses.

Proverbs 1:1-4 The proverbs of Solomon...for attaining wisdom and discipline...for acquiring a disciplined and prudent life...for giving prudence to the simple, knowledge and discretion to the young. #northside

Proverbs 8:5 You who are simple, gain prudence; you who are foolish, gain understanding. #northside

The word prudent or prudence occurs 15 times in Proverbs.

It comes from a Hebrew word that literally means to be smooth. When we learn to live a prudent life, things will go more smoothly!

HOW CAN I HANDLE MY STRESS?

1. LEARN SELF-CONTROL. (Pr. 12:16)

- The average man loses his temper 6 times a day.
- The average woman loses her temper 3 times a day.

We are more likely to express anger at home than anywhere else! (Pr. 29:11)

2. LIMIT WHAT YOU SAY. (Pr. 12:23, Pr. 17:28)

3. LOOK AHEAD. (Pr. 13:16)

TWO AREAS THAT TROUBLE US THE MOST!

- Finances
- Spiritual

4. LIVE CAUTIOUSLY. (Pr. 14:15)

5. LISTEN TO CORRECTION. (Pr. 15:5)

6. LEAVE EVIL. (Pr. 22:3, Pr. 27:12, Ps. 101:3)

THE BEST STRESS RELIEVER! (Mt. 11:28-30)