

Smart Living: The Book Of Proverbs
“How To Have Less Stress In Your Life” 4 of 7
Cornerstone Church Of Poway
Pastor Ed Turley
July 10, 2022

Big Idea: If I want success in my life, then I must create **habits** that support my commitments.

To Have Less Stress You Need To:

1. Check Your Schedule

Sensible people **keep their eyes glued** on wisdom, but a fool’s eyes **wander** to the ends of the earth. **Proverbs 17:24 (NLT2)**

Too much activity gives you restless dreams; too many words make you a fool.
Ecclesiastes 5:3 (NLT2)

You have six days each week for your ordinary work, but the seventh day is a Sabbath day of complete rest, an official day for **holy assembly**. It is the LORD’s Sabbath day, and it must be observed wherever you live. **Leviticus 23:3 (NLT2)**

For Less Stress:

Don’t **add** anything to your schedule without **subtracting** something.

Notes: _____

2. Check Your Finances

Just as the rich rule the poor, so the **borrower is servant** to the lender.

Proverbs 22:7 (NLT2)

Good planning and hard work lead to prosperity, but hasty shortcuts lead to poverty.
Proverbs 21:5 (NLT2)

For Less Stress: Create financial margin by paying off your smallest debt ASAP.

Notes: _____

3. Check Your Heart

Worry weighs a person down; an **encouraging word** cheers a person up.

Proverbs 12:25 (NLT2)

Watch out for 3 attitudes:

- **Pride**

We can make our plans, but **the LORD determines our steps**.

Proverbs 16:9 (NLT2)

Pride goes before destruction, and **haughtiness** before a fall.

Proverbs 16:18 (NLT2)

Seek his will in all you do, and he will show you which path to take. Don't be **impressed with your own wisdom**. Instead, fear the LORD and turn away from evil. Then you will have healing for your body and strength for your bones.

Proverbs 3:6-8 (NLT2)

- **Envy**

A peaceful heart leads to a healthy body; jealousy is like cancer in the bones. Those who oppress the poor insult their Maker, but helping the poor honors Him.

Proverbs 14:30-31 (NLT2)

- **Greed**

Don't wear yourself out trying to get rich. **Be wise enough to know when to quit**.

In the blink of an eye wealth disappears, for it will sprout wings and fly away like an eagle. **Proverbs 23:4-5 (NLT2)**

Give freely and become more wealthy; be **stingy** and lose everything. The **generous** will prosper; those who **refresh others** will themselves be refreshed.

Proverbs 11:24-25 (NLT2)

For Less Stress: Don't give into the consumer mentality, instead be generous.

Notes: _____

➤ **What burden do you need to give to Jesus?**

My next right step, I will:

[] Check my schedule and see if I need to subtract something

[] Reduce my debt by paying off my smallest debt

[] Be generous with others

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[This is only a guide – select the points you want to discuss]

Big Idea: If I want success in my life, then I must create **habits** that support my commitments.

Their purpose is to teach people to **live disciplined and successful lives**, to help them do what is **right, just, and fair**. **Proverbs 1:3 (NLT2) Remember Verse**

Open in Prayer.

Ice breaker: What stresses you out the most? Why?

To Have Less Stress You Need To:

1. Check Your Schedule

Read Proverbs 17:24

Read Ecclesiastes 5:3

What does your schedule look like? Is your schedule realistic or unrealistic? Why?

What is your biggest priority?

Read Leviticus 23:3

What do you like most about church?

What does your average Sunday look like?

What could you do to improve your Sunday rest and worship?

For Less Stress:

Don't **add** anything to your schedule without **subtracting** something.

What is something you could subtract from your schedule to bring you more peace?

2. Check Your Finances

Read Proverbs 22:7

Have you ever had a credit card that you only paid the monthly minimum?
How long did it take to pay it off?

Read Proverbs 21:5

What convenience food or drink can you give up weekly to add extra money to help pay down a small debt?

How much savings weekly? Monthly?

For Less Stress: Create financial margin by paying off your smallest debt ASAP.

3. Check Your Heart

Read Proverbs 12:25

What are you worried about the most?

Why?

Watch out for 3 attitudes:

- **Pride**

Read Proverbs 16:9

Read Proverbs 16:18

Read Proverbs 3:6-8

Are you trying to make God fit into your plans or are you seeking God's direction?

What can you do to put God first?

- **Envy**

Read Proverbs 14:30-31

What helps you to be less envious of others?

- **Greed**

Are you wearing yourself out working too hard?

What helps you to be content?

Read Proverbs 11:24-25

How can you be more generous this week?

For Less Stress: Don't give into the consumer mentality, instead be generous.

Close in Prayer: Start praying. Be bold and pray specifically.