

HOLIDAY STRESS SURVIVAL

ISAIAH 9:6

⁶ For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace.

THE BIG THREE...

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- EXPECTATIONS

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- EXPECTATIONS
- UNCONTROLLABLES

THE BIG THREE...

- EXPECTATIONS
- UNCONTROLLABLES
- OBLIGATIONS

THAT CONTROL THING...

THE STRESS MANAGEMENT STRATEGY

Change what you can;
surrender what you can't.

CHANGE WHAT YOU CAN CONTROL

EPHESIANS 5:15-17

¹⁵ Be very careful, then, how you live—not as unwise but as wise, ¹⁶ making the most of every opportunity, because the days are evil. ¹⁷ Therefore do not be foolish, but understand what the Lord's will is.

- **Watch your diet and get some exercise**

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- Avoid trying to control the uncontrollable

SURRENDER WHAT YOU CAN'T CONTROL

EPHESIANS 5:18

¹⁸ Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit...

JAMES 4:7,8A

⁷ Submit yourselves, then, to God. Resist the devil, and he will flee from you. ⁸ Come near to God and he will come near to you.

1 PETER 5:7

7 Cast all your anxiety on him because he cares for you.

PROVERBS 16:9

**⁹ In their hearts humans plan their course,
but the Lord establishes their steps.**

