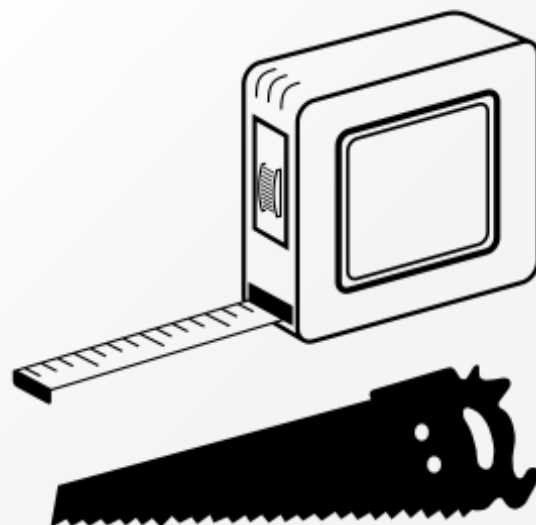


THINK

**MEASURE
TWICE
CUT ONCE**



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Everything is harder
when you are under
stress...

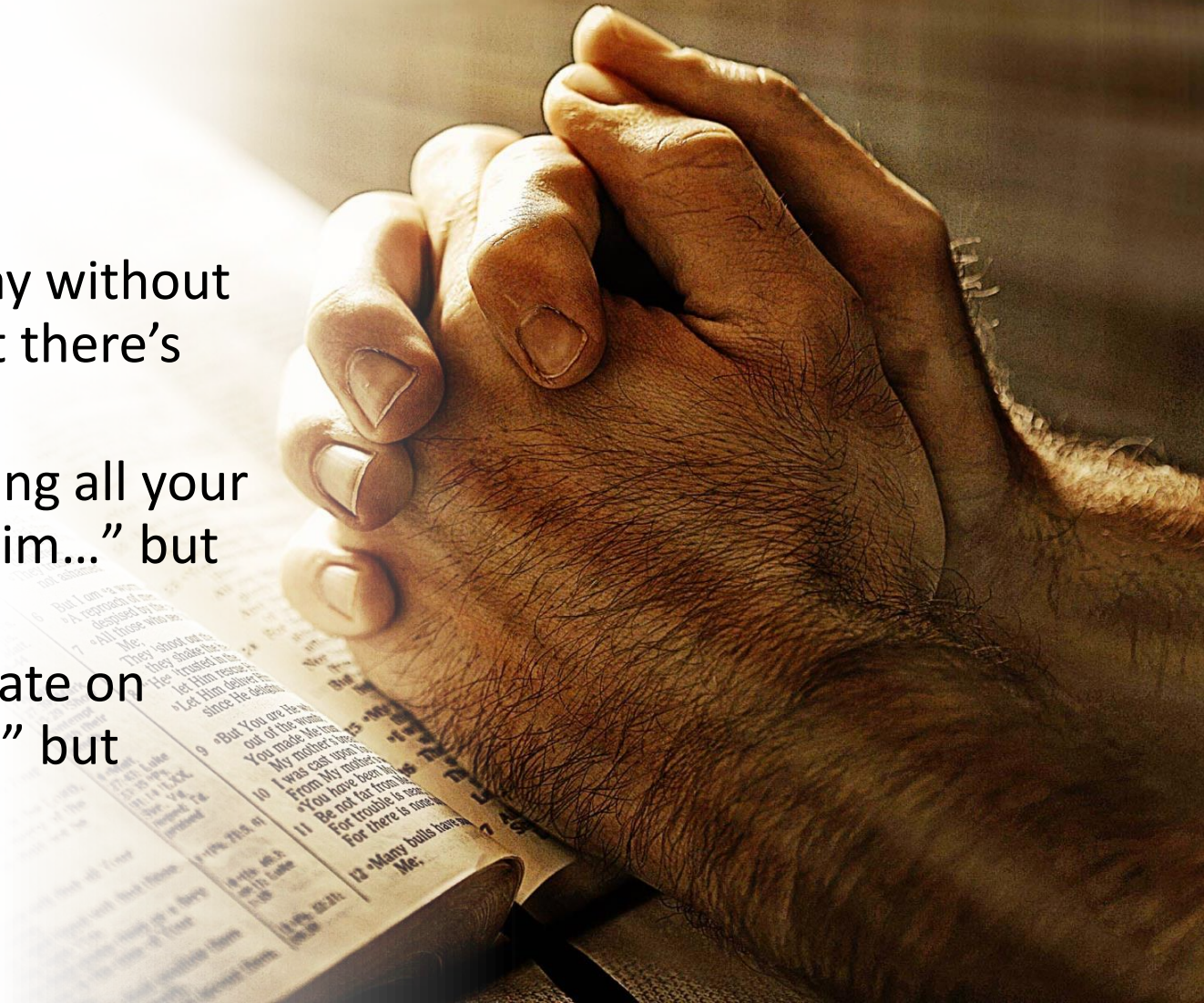




How many people do we read about in Scripture that were not under some amount of stress?

What should we do?

- Pray
 - 1 Th 5:17 “pray without ceasing...” but there’s more!
 - 1 Pe 5:7 “casting all your anxieties on him...” but there’s more!
 - Ph 4:8 “meditate on these things...” but there’s more!





What should we do?

- Spend more time with your brethren
 - He 10:25 “not neglecting...” but there’s more!
 - Ja 5:16 “confess your sins to one another...” but there’s more!
 - Mt 5:14 “You are the light of the world...” but there’s more!

What should we do?

- Change our behavior
 - Ro 12:2 “be transformed...” but there’s more!
 - Ti 2:1 “teach... sound doctrine...” but there’s more!
 - Ga 5:22 The fruit of the Spirit, but there’s more!





**HOLD THE VISION,
TRUST THE PROCESS.**