

**RELAXED**  
**STRESSED** **How to Manage Stress:**  
*Rejuvenate Your Root System*  
 Mark 4 - Church Bible Page #1033

- A life of inner peace must be pursued; it does not happen by accident. It happens at the \_\_\_\_\_ level of your inner spirit.
- *“And the peace of God, which passes all understanding, shall keep your hearts and minds through Christ Jesus.”*  
**Philippians 4:7**
- Without a solid root system in our lives, we don't stand a chance of having inner peace.
- Your roots need regular rejuvenation because \_\_\_\_\_ breaks them down.
- The Bible teaches that this happens through regular rest and relaxation.

**Why is a time of rest so important?**

1. Because the need was \_\_\_\_\_ in to us at creation.  
 Genesis 2:3
2. Because our \_\_\_\_\_ demand proper rest.
3. Because of the example of Jesus. Mark 6:30-31;  
 Matthew 8:23-24
4. Because it will \_\_\_\_\_ our relationships.

**What are the myths that keep us from a regular time of rest?**

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**What are the myths that keep us from a regular time of rest?**

**WEDNESDAY DINNER**

**MAY 2**  
**SHEPHERD'S PIE**

**MAY 9**  
**ITALIAN CHICKEN**

**MAY 16**  
**TOUR OF ITALY**

**MAY 23**  
**SWEET AND SOUR PORK**

**MAY 30**  
**WRAPS**

4:45-6:10 PM  
 \$3 EA. / \$12 HOUSEHOLD  
 ALL MEALS INCLUDE SALAD,  
 DESSERT, AND BEVERAGE

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1. The indispensability myth. Romans 12:3
  - It says, "They just can't get along without me."
2. The "you are what you \_\_\_\_\_" myth.
  - "For man looks on the outward appearance, but the LORD looks on the heart." **1 Samuel 16:7b**
3. The \_\_\_\_\_ myth.
  - People must learn to rest, not just to serve.

**How do we implement a regular time of rest?**

1. \_\_\_\_\_ it.
  - We need to plan \_\_\_\_\_ rest.
  - We need to plan a \_\_\_\_\_ rest.
  - We need to plan \_\_\_\_\_ rest.
2. \_\_\_\_\_ it.
  - It needs to be on the schedule. If not, it won't happen.

We must see the connection between \_\_\_\_\_ and \_\_\_\_\_.

*"Come unto me, all you that labour and are heavy laden, and I will give you **rest**. Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and you shall find **rest** unto your souls. For my yoke is easy, and my burden is light."*  
**Matthew 11:28-30**

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