

ALL STRESSED UP

• F O R C H R I S T M A S •

The _____ (2 Cor 4:8-9, Ps 119:143)

- It's _____.
- It's _____.
- It's _____.

The _____

- _____ (Ex 32:9)
 - _____ expectations
 - _____ attitudes
 - _____ tongue
- _____ (Prov 24:10)
 - _____
 - _____
 - _____
 - _____

The _____

- _____ on the reason for the season. (Lk 2:6-14)
- _____ the urge to compete. (2 Cor 10:12)
- _____ yourself from guilt.

• TAKEAWAY •

_____ your stress or your stress will control you.

Don't allow stress to _____ you of the joy of Christmas. (1 Peter 5:7)