



# STRESS MANAGEMENT

**Proverbs 13:7** (NIV) *One man pretends to be rich, yet has nothing; another pretends to be poor, yet has great wealth.*

## 1. The Freeing Power of \_\_\_\_\_

**Proverbs 25:28** (NLT) *A person without self-control is like a city with broken-down walls.*

## 2. The Freeing Power of \_\_\_\_\_

**Proverbs 3:9-10** (NIV) *Honor the Lord with your wealth, with the firstfruits of all your crops; <sup>10</sup> then your barns will be filled to overflowing, and your vats will brim over with new wine.*

**Deuteronomy 8:10-14** (NIV) *When you have eaten and are satisfied, praise the Lord your God for the good land he has given you. <sup>11</sup> Be careful that you do not forget the Lord your God, failing to observe his commands, his laws and his decrees that I am giving you this day. <sup>12</sup> Otherwise, when you eat and are satisfied, when you build fine houses and settle down, <sup>13</sup> and when your herds and flocks grow large and your silver and gold increase and all you have is multiplied, <sup>14</sup> then your heart will become proud and you will forget the Lord your God, who brought you out of Egypt, out of the land of slavery.*

## 3. The Freeing Power of \_\_\_\_\_

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

## 4. The Freeing Power of \_\_\_\_\_

**Proverbs 12:9** (TM) *Better to be ordinary and work for a living than act important and starve in the process.*

## 5. The Freeing Power of \_\_\_\_\_

**Proverbs 22:7** (NIV) *The rich rule over the poor, and the borrower is servant to the lender.*

**Matthew 6:24** (NIV) *“No one can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve both God and Money.”*