

It's A Happy Day

It's a happy day and I thank God for the weather.
It's a happy day and I'm living it for my Lord.
It's a happy day and things are gonna get better.
Living each day on the promises of God's word.

But!!

It's a grumpy day and I don't like the weather.
It's a grumpy day and I'm living it for myself.
It's a grumpy day and things ain't gonna get better.
Living each day on the promises of this world

But!!

It's a happy day and I thank God for the weather.
It's a happy day and I'm living it for my Lord.
It's a happy day and things are gonna get better.
Living each day on the promises of God's word.

Stress

Opening Song
It's a Happy Day

Intro

How heavy is this water? The absolute weight doesn't matter, what matters is how long you hold it. **Imagine holding it for**

1 min – no problem

1 hour – arm ache

1 day – call an ambulance

The longer you hold it the heavier it comes. The heavier it gets the more pain it causes in your life.

“Cast all your cares/anxiety on him because he cares for you.” 1 Peter 5:7

How are you doing casting?

Are you caring your cares?

How long have you been carrying them? 1 min, 1 hour, 1 day, 6 months?

Today I hope and pray that you will cast your cares on Jesus because he cares for you.

What exactly are the cares/anxiety that we have? Let's take a test.

Take your Stress Test

Check if each action is a problem or not a problem for you.

Total the number of checks in the problem column.

Stand up if stress is at dangerous levels.

Stand up if you have a difficult life style.

Stand up if your stress is in check.

I want us to look at some of these major stress causers in our lives and think through how to handle them or find ways to make it better.

Tell Your Time Where to Go

This is a huge stressor and many of the items on our list are due to time management

We all have the same number of hours in a day. You have to manage your time.

The bad news is time flies. The good news is you're the pilot.