



Stressbusters # 1

Exodus 18:13-27

Pastor Bobby Garvin

KEY TAKE AWAY: CALL STRESSBUSTERS!

STRESS MEANS: "TO BE DRAWN TIGHT," "TO CHOKE," "TO DIVIDE THE MIND," "TENSION." **STRESS IS THE _____ BETWEEN DEMANDS THAT ARE PLACED UPON ME IN EVERYDAY LIFE AND THE _____ I HAVE IN MEETING THOSE DEMANDS.**

Stress causes damage to relationships, _____, emotional damage, and _____ damage.

Stress can be categorized in three areas: _____, financial, and occupational.

Three Principles

_____ **your limits (18:13-18).**

YOU'VE GOT TO LEARN THE ART OF _____. HOW TO SEPARATE _____ ONLY YOU CAN HANDLE FROM PRESSURES THAT OTHER PEOPLE SHOULD AND COULD HANDLE.

_____ **the load (18:21-22).**

DELEGATE TO OTHERS WHAT OTHERS CAN DO SO YOU CAN _____ ON THE THINGS THAT ONLY YOU CAN DO.

WHEN YOU DELEGATE YOU'VE GOT TO DO THESE THINGS: FIND THE RIGHT _____; GIVE THEM THE RIGHT _____; TRUST THEM TO DO THE _____ THING; DELEGATE THE _____ NOT THE PROCESS

_____ **WITH THE LORD (18:19).**

NOW, WE COME TO THE ROOT OF MOSES' PROBLEM. HE HAD BEEN SPENDING _____ MUCH TIME _____ TO THE PEOPLE ABOUT GOD AND NOT ENOUGH TIME TALKING TO _____ ABOUT THE PEOPLE.