

## How Can I Cope With Stress?

*Lessons from the Life of Jesus*

### Seven Principles for Handling Stress

1. IDENTIFICATION: Know Who You Are (John 8:14)
2. DEDICATION: Know Whom You Are Trying to Please (John 5:30)
3. ORGANIZATION: Know What You Are Trying to Accomplish (John 8:14)
4. CONCENTRATION: Focus on One Thing at a Time (Luke 4:42)
5. DELEGATION: Don't Do it All Yourself (Mark 3:13)
6. MEDITATION: Make a Habit of Personal Prayer (Mark 1:35)
7. TRANSFORMATION: Give Your Stress to Christ (Matthew 11:28-30)