

“How Jesus Handled Stress”

Series: The Jesus Model for Living

Sermon Outline Notes

1. IDENTIFICATION: KNOW WHO YOU ARE

“I am ...the Light of the world... the Son of God...the Way,
the Truth and the Life...the Bread of life...”
John 8:12, Mark. 14:62, John 14:6, John 6:35

I testify on my own behalf.
John 8:18 (TEV)

2. MOTIVATION: KNOW WHAT YOU’RE LIVING FOR

I am not trying to do what I want, but
only what my Father who sent me wants.
John 5:30 (TEV)

3. VOCATION: KNOW YOUR CALLING

“...I know where I came from and where I am going.”
John 8:14

I urge you to live a life worthy of the calling you have received.
Ephesians 4:1

4. CONCENTRATION: FOCUS ON WHAT MATTERS MOST

“As the time drew near for his return to heaven, he moved steadily onward toward Jerusalem with an iron will.”
Luke 9:51 (LB)

Anyone who lets himself be distracted from the work
I plan for him is not fit for the Kingdom of God.
Luke 9:62 (LB)

5. MEDITATION: LISTEN TO GOD

“News about Jesus spread even more. Crowds came
to hear him and to be healed...but Jesus often slipped away to be alone so he could pray.”
Luke 5:15-16 (NCV)

6. COLLABORATION: JOIN A SMALL GROUP

“He appointed twelve – designating them apostles –
that they might be with him...”
Mark 3:14

7. RECREATION: TAKE TIME TO RECHARGE

“Crowds of people were coming and going so that they did not
even have time to eat. He said to them, ‘Come away by
yourselves, and we’ll go to a lonely place to get some rest.’”
Mark 6:31 (NCV)

SALVATION

“Jesus said, “Come to me, all of you who are weary and carry
heavy burdens, and I will give you rest. Take my yoke upon
you. Let me teach you, because I am humble and gentle, and
you will find rest for your souls.”
Matthew 11:28-29 (NLT)