

Secrets to Stress-Free Living

Eight Principles from the Life of Jesus

March 4, 2006

Message 4 of 4 by Guy Langston



7. The Principle of _____:
Take _____ to enjoy life. (Mark 6:31)

Jesus went out to the _____.

Jesus came _____ life.

Process for applying relaxation:

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- _____
- _____

Reasons why we don't relax:

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A word to reluctant relaxers:

- God has always used people by _____ not because they deserve it.
- It doesn't _____ on you; it's God!

8. The Principle of _____. (Matthew 11:28-30)

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