

**“I’ve Got a Problem With Stress”**  
**Luke 10:38-42**

In Luke 10, Jesus came to the city of \_\_\_\_\_ and stopped at the home of 2 sisters named Martha and \_\_\_\_\_. Martha found out that, when you try to \_\_\_\_\_ for the Lord without spending \_\_\_\_\_ with the Lord, you get stressed out. Luke 10 reveals 3 lessons about how to handle the problem of \_\_\_\_\_.

**1. The \_\_\_\_\_ of Stress.**

- A. Frustration with Your \_\_\_\_\_. Martha felt like she was serving the Lord all by \_\_\_\_\_.
- B. Anger at the \_\_\_\_\_. She said, “Lord, don’t you \_\_\_\_\_?”
- C. Jealousy toward \_\_\_\_\_.

**2. The \_\_\_\_\_ of Stress.**

- A. We Try to \_\_\_\_ Too Much.
- B. We Worry About What People \_\_\_\_\_.
- C. We \_\_\_\_\_ Our Relationship with the Lord. Martha was in a situation where she could not hear the \_\_\_\_\_ of Jesus.
- D. We Experience A Major \_\_\_\_\_ in Life.

**3. The \_\_\_\_\_ for Stress.**

- A. Take Time to \_\_\_\_\_.
- B. \_\_\_\_\_ with the Lord. 1 Peter 5:7
- C. \_\_\_\_\_ to the Lord. Matthew 11:28, Isaiah 40:31

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Lord Think Circumstances Relax Work Others Do  
Bethany Change Care Symptoms Listen Words Mary  
Time Stress Neglect Talk Sources Herself Solution

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