**How to Have the Worst Year Ever** (graphic)

#1 Be a **complainer**!

#2 Be **selfish**!

#3 Be **afraid**!

#4 Try to do it **alone**!

#5 Be **Stressed**!

**Stress** is the point where one’s performance and one’s limitations **collide**.

(Mark 1:35-38)

“Very early in the morning, while it was still dark, Jesus got up, left the house **and went off to a solitary place, where he prayed**. Simon and his companions went to look for him, and when they found him, they exclaimed: “Everyone is looking for you!” Jesus replied, “Let us go somewhere else—to the nearby villagers—so I can preach there also. **That is why I have come**.”

5 commitments to combat stress:

1. Commit to live **offense** free.

(Romans 12:18)

“If it is possible, as far as it depends on you, **live at peace with everyone**.”

(Colossians 3:13)

“Bear with each other and forgive one another if any of you has a grievance against someone. **Forgive as the Lord forgave you**.”

1. Commit to your **work**.

(Colossians 3:23)

“Whatever you do, **work at it with all your heart**, as working for the **Lord**, not for human masters.”

(Proverbs 14:23)

“All hard work brings a **profit**, but mere talk leads only to poverty.”

1. Commit to your **health**.

(1 Corinthians 6:19-20)

“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought with a price. **Therefore honor God with your bodies**.”

1. Commit to a **financial budget**.

(Proverbs 3:9-10)

“**Honor the Lord with your wealth**, with the firstfruits of all your crops; **then** your barns will be filled to overflowing, and your vats will brim over with new wine.”

 **You don’t need** to buy yourself into poverty or need a money tree to be content.

(Proverbs 22:7)

“The rich rule over the poor, and the borrower is slave to the lender.”

1. Commit to the **Lord**.

(Deuteronomy 5:33)

“Walk in **obedience** to all that the Lord has commanded you, so that you may **live** and **prosper** and **prolong your days** in the land that you will possess.”

(Genesis 1:2,6)

“Now the earth was **formless and empty**, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters.”

“And God said, “**Let there be a vault between the waters** to separate water from water.”

The antidote for an empty and chaotic life is when **the presence of God comes into our chaos and creates space**.