

The Jesus Model – Part 3
HOW JESUS HANDLED STRESS
September 13, 2009

1. IDENTIFICATION: _____

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

“I testify on my own behalf.” *John 8:18 TEV*

2. MOTIVATION: _____

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

“I always do those things that are pleasing to Him.” *John 8:29 NLT*

“No one can serve two masters...” *Luke 16:13NIV*

3. VOCATION: _____

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

“A person who has **doubts** is thinking about two different things at the same time and can't make up his mind about anything.” *James 1:8 GW*

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

4. CONCENTRATION: _____

“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*

“We are free to do anything but **not all things are helpful or profitable** or wholesome or constructive to your character and spiritual life.”
1 Corinthians 10:23 Amplified

5. MEDITATION: _____

“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.” *Mark 1:35 NIV*

“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

“Plant your roots in Christ and **let him be the foundation for your life**.”
Colossians 2:7 CEV

6. COLLABORATION: _____

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

“Jesus said to them, ‘My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.’” *Matthew. 26:38 NIV*

7. RECREATION: _____

“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*

“Jesus came **enjoying** life...” *Matthew 11:19 Ph*

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