

THE JESUS MODEL

MESSAGE 3: HOW JESUS HANDLED STRESS

Parts 1-4

1. IDENTIFICATION: _____

"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: _____

"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 16:13(NIV)

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)