

> welcome <

we're so glad you're here!



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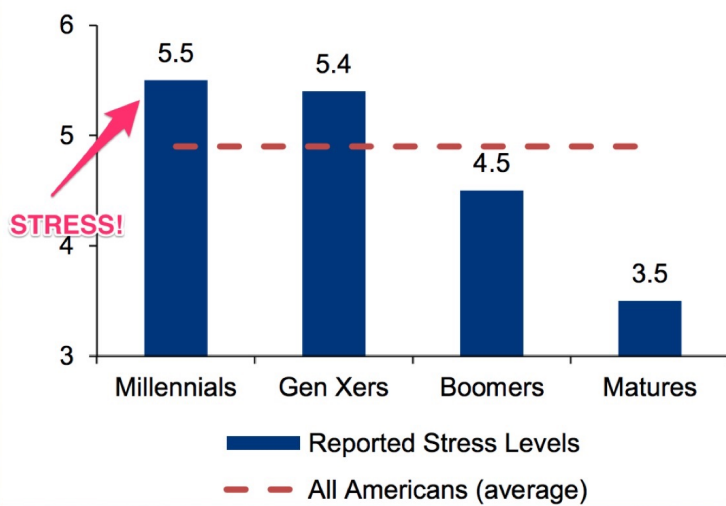
STRESS!<



“FOR MANY AMERICANS, STRESS TAKES A TOLL ON HEALTH AND FAMILIES.”



Chart 28: Average level of stress by US generation (on a scale of 1-10)



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STRESS!<



Wish we could turn back time,  
to the good ol' days,  
When our momma sang  
us to sleep but now we're stressed out (oh).  
Wish we could turn back time (oh),  
to the good ol' days (oh),  
When our momma sang  
us to sleep but now we're stressed out.

THANK GOD WE  
ARE NOT ALONE!



## Scripture

{Matthew 8:23-27}

Then he got into the boat **and his disciples followed him**. Suddenly a furious storm came up on the lake, so that the waves swept over the boat. But Jesus was sleeping.



## Scripture

The disciples went and woke him, saying, "Lord, save us! We're going to drown!" He replied, "You of little faith, why are you so afraid?"



## Scripture

Then he got up and rebuked the winds and the waves, and it was completely calm. The men were amazed and asked, "What kind of man is this? Even the winds and the waves obey him!"



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STRESS!<

JESUS is in  
the BOAT!



## Scripture

{James 1:2-5}

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance.



## Scripture

Let perseverance finish its work so that you may be mature and complete, not lacking anything.



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PEACE<

## IDEAS FOR MORE PEACE

- GATHER WITH OTHERS
- TAKE TIME TO CARE FOR YOURSELF
- ASK JESUS FOR PEACE

