

**“WISER DEALING WITH STRESS”**  
**Wiser :: Part 2**  
**January 11-12, 2014 :: John Smith**



**FOR LESS STRESS...**

**1) CHECK YOUR \_\_\_\_\_.**

*An intelligent person aims at wise action, but a fool starts off in many directions.* Proverbs 14:24 (GNT)

**2) CHECK YOUR \_\_\_\_\_.**

*... the borrower is servant to the lender.* Proverbs 22:7b

*A generous person will prosper; whoever refreshes others will be refreshed.* Proverbs 11:25

**3) CHECK YOUR \_\_\_\_\_.**

*Anxiety weighs down the heart, but a kind word cheers it up.* Proverbs 12:25

*A person finds joy in giving an apt reply—and how good is a timely word!* Proverbs 15:23

*A gentle answer turns away anger, but a harsh word stirs up anger.* Proverbs 15:1

*A impulsive vow is a trap; later you'll wish you could get out of it.* Proverbs 20:25 (MSG)

**4) CHECK YOUR \_\_\_\_\_.**

*Anxiety weighs down the heart...* Proverbs 12:25a