

# Be Healthy

DIET | EXERCISE | HABITS  
RELATIONSHIPS | FUN | STRESS | SERVICE

Pastor Terry Bate | September 1, 2013

What the most stressful experience of your life?

Define it ...

Stress /stres/ - noun

What are some common causes of stress?

How does the Bible help me cope with the stress in my life more effectively?

“Pile your troubles on Yahweh’s shoulders - he’ll carry your load, he’ll help you out. He’ll never let good people topple into ruin.”  
Psalm 55:22 (MSG)



Miss Something? That’s okay!!  
You can download this sermon at [flushingcommunity.org](http://flushingcommunity.org)

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# NTX NEW TESTAMENT EXPEDITION

*The following passages are taken from our Bible reading plan for 2013. A full copy of this plan is available at the Welcome Center today!*

**Monday:** 09.02.2013 (plan day September 3)  
**Prayer Focus:** Small Group Ministry at FCCN  
**Passage:** 2 Corinthians 9

**Tuesday:** 09.03.2013 (plan day September 4)  
**Prayer Focus:** Children's Ministry of FCCN  
**Passage:** 2 Corinthians 10

**Wednesday:** 09.04.2013 (plan day September 5)  
**Prayer Focus:** Church Board and MLT Leaders at FCCN  
**Passage:** 2 Corinthians 11

**Thursday:** 09.05.2013 (plan day September 6)  
**Prayer Focus:** Flushing teachers and schools  
**Passage:** 2 Corinthians 12

**Friday:** 09.06.2013 (plan day September 7)  
**Prayer Focus:** Fusion Student Ministries of FCCN  
**Passage:** 2 Corinthians 13

Reflections on my reading this week (plan days 8 & 9) ...

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