

Pressure Points
“The Stress of TIME”
Part 1

Feb. 12, 2017
Pastor Dale Satrum



1. Determine your _____

- Determine what values you are _____

*Prov. 14:8 “The prudent understand where they are going, but fools **deceive** themselves.” (NLT)*

- Ask God for _____

Ps. 139:23-24 “Investigate my life, O God, find out everything about me; Cross-examine and test me, get a clear picture of what I’m about; See for yourself whether I’ve done anything wrong—then guide me on the road to eternal life.” (Message)

- Be willing to change how you _____

*Rom. 12:2 “Don’t copy the behavior and customs of this world, but let God transform you into a new person **by changing the way you think...**” (NLT)*

- Determine what values you _____

Ps. 39:4 “Lord, remind me how brief my time on earth will be. Remind me that my days are numbered— how fleeting my life is.” (NLT)

2. Define _____ by these values

Luke 10:38-42 (Story of Mary and Martha) As Jesus and the disciples continued on their way to Jerusalem, they came to a certain village where a woman named Martha welcomed him into her home. ³⁹ Her sister, Mary, sat at the Lord’s feet, listening to what he taught. ⁴⁰ But Martha was distracted by the big dinner she was preparing. She came to Jesus and said, “Lord, doesn’t it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me.” ⁴¹ But the Lord said to her, “My dear Martha, you are worried and upset over all these details! ⁴² There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.” (NLT)

3. Develop a _____ to live these values

- Leave the _____ mentality

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Deut. 30:19 “Today I have given you the choice between life and death, between blessings and curses. Now I call on heaven and earth to witness the choice you make. Oh, that you would choose life, so that you and your descendants might live! (NLT)

- Make value based _____

Mark 1:35-38 “Before daybreak the next morning, Jesus got up and went out to an isolated place to pray.³⁶ Later Simon and the others went out to find him.³⁷ When they found him, they said, “Everyone is looking for you.”³⁸ But Jesus replied, “We must go on to other towns as well, and I will preach to them, too. That is why I came.” (NLT)

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Discussion Questions:

1. Share about your own stress dealing with time.
2. What does the usage of your time reveal about your values? Be honest.
3. Have you ever clarified what values you want to be living? Share what some of your top 3-5 values are; or at least desire them to be.
4. Describe how your life may be different if you lived out these values. How would the usage of time change if these values were your reality? Can you describe the picture of your life?
5. How can you begin to develop a place to make changes in your time? Why is it so hard to leave the victim mentality that nothing can be done?
6. What is keeping you from making hard value based decisions regarding your time?
7. What did you think about Pastor Dale’s closing illustration?

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