**Part 5 – Hope Wins**

**Hope Wins over Stress**

**Hope wins over stress.**

**Stress steals what God wants to heal.**

**How can I win over stress?**

**Live for an audience of one.**

**Live for Jesus.**

**Four priorities to help eliminate stress.**

**Prioritize the person you’re pleasing.**

**John 5:30**

**I seek not to please myself but him who sent me.**

**Galatians 1:10**

**I’m not trying to win the approval of people, but of God. If pleasing people were my goal, I would not be Christ’s servant.**

**Romans 12:1**

**I appeal to you: Offer yourselves as a living sacrifice to God, dedicated to his service and pleasing to him. This is the true worship that you should offer.**

**Prioritize your perception.**

**Philippians 4:8**

**Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.**

**Isaiah 26:3**

**You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!**

**Prioritize your precious pennies.**

**James 4:3**

**When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.**

**Hebrews 13:5**

**Don’t love money; be satisfied with what you have. For God has said, “I will never fail you. I will never abandon you.”**

**1 Timothy 6:17**

**Command those who are rich in this present world not to be arrogant nor to put their hope in wealth, which is so uncertain, but to put their hope in God, who richly provides us with everything for our enjoyment.**

**Prioritize your people.**

**Galatians 6:2**

**Help carry one another's burdens, and in this way you will obey the law of Christ.**

**“If you look at the world, you’ll be distressed. If you look within, you’ll be depressed. But if you look at Christ, you’ll be at rest.”**

 **- Corrie ten Boom**

**“Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light”**

**Matthew 11:29-30**