



“Stressed Out About My Family”

Stressed Out! Series

Pastor Jason

11.7.21

God’s Big Idea:

*A solid **FOUNDATION** under your **FEET**
can withstand the **STRESS** under your **ROOF**.*

1. CONSISTENCY

Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.—Ephesians 6:4

No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.—Hebrews 12:11

2. HUMILITY

“Great team players lack excessive ego or concerns about status. They are quick to point out the contributions of others and slow to seek attention for their own. They share credit, emphasize team over self, and define success collectively rather than individually. It is no great surprise, then, that humility is the single greatest and most indispensable attribute of being a team player.”
—Patrick Lencioni, *The Ideal Team Player*

*Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.
—Philippians 2:3-4*

3. EMPATHY

As a father has compassion on his children, so the Lord has compassion on those who fear him; for he knows how we are formed, he remembers that we are dust.—Psalm 103:13-14

God sees **FUTURES**, not **FAILURES**.

Continue the Conversation

1. *What are the routines under your roof producing?*
2. *Who are you most concerned about, really?*
3. *What are you trying to “silver lining” with your family?*