

Message Notes:

Message Title:  
"Stress Relief"

Text:  
Daniel 3

"Don't worry about anything; instead, pray about everything." Phil. 4:6, NLT

There's peace in knowing:

1. Who \_\_\_\_\_.

"When we feel like we are not good enough to be loved by God, we should remember that God's love is greater than our doubts. We must silence the sounds of condemnation so we can hear the voice of God's loving assurance and remember that He has selected us to be part of His family." Notes on 1 John 3:2 VOICE

2. Who \_\_\_\_\_.

"If you sinful people know how to give good gifts to your children, how much more will your heavenly Father give good gifts to those who ask him?" Matt 7:11, NLT

3. Where \_\_\_\_\_.

"Look!" Nebuchadnezzar shouted. "I see four men, unbound, walking around in the fire unharmed! And the fourth looks like a god!" Daniel 3:25, NLT

**Communication Card:**

Next Steps:

\_\_\_ Memory Verse: "Don't worry about anything; instead, pray about everything."  
Phil. 4:6, NLT

\_\_\_ I will ask God to "Open my eyes."

\_\_\_ I will remember to praise God everyday this week.