

Seven Secrets of Stress Free Living - Week 1
Principles For Handling Stress

1. _____: Know Who You Are
John 8:12; John 8:18
2. _____: Know Who You Are
Trying To Please - **John 5:30**
3. _____: Know What You Want
To Accomplish - **John 8:14**
4. _____: Focus On One Thing
At A Time - **Luke 4:42-44**
5. _____: Don't Try To Do It All
Yourself - **Mark 3:14**

Why don't we delegate? Two reasons:

1. Perfectionism
2. Insecurity

6. _____: Make A Habit of
Personal Prayer - **Mark 1:35**
7. _____: Take Time Off To
Enjoy Life - **Mark 6:31; Matthew 11:19 Phillips; 1 Timothy 6:17.**
8. _____: Give Your Stress And
Your Life To Jesus - **Matthew 11:28-29**

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VCC April Events

Ways To Give: On-line or Text Message at 209-900-8368

Prayer Every Sunday Morning - 9:15-9:45

All Church Prayer – Tonight at 6pm

Ango Compassionate Hearts Water Project: We are receiving offering to drill a fresh water well for the Zande people in the Congo. Our goal is to raise \$5,000

Tracy Community Connections:

This Wednesday 5:30-6:15pm Feeding the Hungry – Good Shepherd Church – Chicken, Rice, Salad, Vegies, Dessert.

VCC is collecting travel size toiletries which will be distributes to the homeless of our community.

Community Group Series – Follow – Book 3 – Now In Session

New Connect Focus Group – Sacred Marriage – Begins April 17th 9 am - 9:45 am This is a 6-week class. Please sign up at the Information Table.

Youth & Children's Ministry Needs You! – Sign up at the Information Table.

Discipleship Ministry – One on One Discipleship

Contact Michael Shraeder at 925-209-7137 or email mnschraeder@gmail.com for more information.

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