

Seven Secrets of Stress Free Living - Week 3

How to Get More Done in Less Time

Ephesians 5:15-20 NLT

I. Four Practical Steps To Manage Time

1. _____ Your Lifestyle – Vs. 15
Proverbs 4:26

2. _____ The Present – Vs. 16

How do you make the most of the opportunities around you:

1. You live in the now.
2. You don't procrastinate. ***Proverbs 27:1***

3. _____ What Is Important – Vs. 17

Two lessons to learn about God's will for your life:

1. I can't do everything.
2. I shouldn't do everything.

God's will is unique for every one of us:

- God wants you to know Him.
- God wants you to grow up.
- God wants you to go.

4. _____ The Pressure – Vs. 18

II. Conclusion

v. 19-20: *Singing psalms and hymns and spiritual songs among yourselves, and making music to the Lord in your hearts. And give thanks for everything to God the Father in the name of our Lord Jesus Christ.*

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VCC April Events

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

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

Ango Compassionate Hearts Water Project: We reached our goal of \$5000 to drill a fresh water well for the Zande. Thank you to everyone that gave to this project!

Garage Sale May 14 & 21 – All proceeds will go to Ango Ministry projects. Contact Angela Ayo for more info -209-740-7271

Tracy Community Connections:

2nd Wednesday of Every Month - 5:30-6:15pm - Feeding the Hungry – Good Shepherd Community Church

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

New Community Group Series – Picture Perfect – Begins this week. Pick up new curriculum at the Information Booth.

New Focus Group – Sacred Marriage – Sunday's 9 am - 9:45 am This is a 6-week class.

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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