

## Seven Secrets of Stress Free Living - Week 6

How to Cope with Change

**2 Corinthians 4:16-18**

### I. Life Is A Series Of Changes, And Change Causes Stress.

1. Too much change causes \_\_\_\_\_.
2. Fast change causes frustration, \_\_\_\_\_.

### II. How Do We React To Change

1. We \_\_\_\_\_ change.
2. We \_\_\_\_\_ it.
3. We \_\_\_\_\_ from it.

### III. How To Avoid The Pressure of Change

1. God's \_\_\_\_\_ never changes - **Hebrews 13:8**
2. God's \_\_\_\_\_ for you will never change.  
**Jeremiah 31:3; Romans 8:35-39**
3. God's \_\_\_\_\_ will never change.  
**Psalm 119:89; Isaiah 40:8; Matthew 24:23; Matthew 7:24-29:**
4. God's ultimate \_\_\_\_\_ will never, never change.  
**Jeremiah 29:11; Psalm 112:6-7**

**Romans 8:28:** *And we know that all things work together for good to those who love God, to those who are the called according to His purpose.*

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## VCC May/June Events

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

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

**Tracy Community Connections:**

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

Travel size toiletries for the homeless

**New Midweek Series** – Standing In The Storm – Begins Tuesday June 14 at 7 pm. This is a 6 week series.

**Current Community Group Series – Picture Perfect** – in session.

**New Focus Group – Understanding Prayer** – Begins Sunday June 17<sup>th</sup> from 9 am - 9:45 am. This is a 4-week series.

**Men's Retreat – September 15-17** – Please pick up your information packet and Registration Form at the Information Booth

**Discipleship Ministry** – One on One Discipleship

Contact Michael Shraeder at 925-209-7137 or email [mnschraeder@gmail.com](mailto:mnschraeder@gmail.com) for more information.

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