



## **SURVIVING THE STRESSES OF LIFE**

**Starting January 8<sup>th</sup> 2023**

**New Sunday Morning Series  
By Pastor Doug Hope**

**Stress!** So how do we live with stress and survive it?

In 1910 the top 10 killers were infectious diseases. By the turn of the 21<sup>st</sup> century the top 10 killers were all related to stress. There are four major stresses everybody faces in life: relationships, finances, work, and health concerns. The fact is every person has stress in their life. I've got it. You've got it. We've all got it. You cannot avoid it and try as you might, you cannot deny it. Stress is a part of life.

I was originally going to entitle this sermon series Overcoming Stress or Avoiding Stress. However, that is a misconception. No one can avoid stress. It's all around us. We deal with it every day, so why not entitle this sermon series: **Surviving the Stresses of Life.**

Over the next several Sundays, we invite you to join with us as we discuss some of the stresses we face and how to survive them.

**Surviving *Worry***

**Surviving *Busyness***

**Surviving *Emotional Pain***

**Surviving *Indecision***

**Surviving *Dark Valleys***

**Surviving *Hurts***