

LIFEHACKS 10

***LIFE-HACKS : PRACTICAL TIPS, IDEAS, INSIGHT THAT CAN IMPROVE
PRODUCTIVITY AND EFFECTIVENESS IN ALL WALKS OF LIFE***



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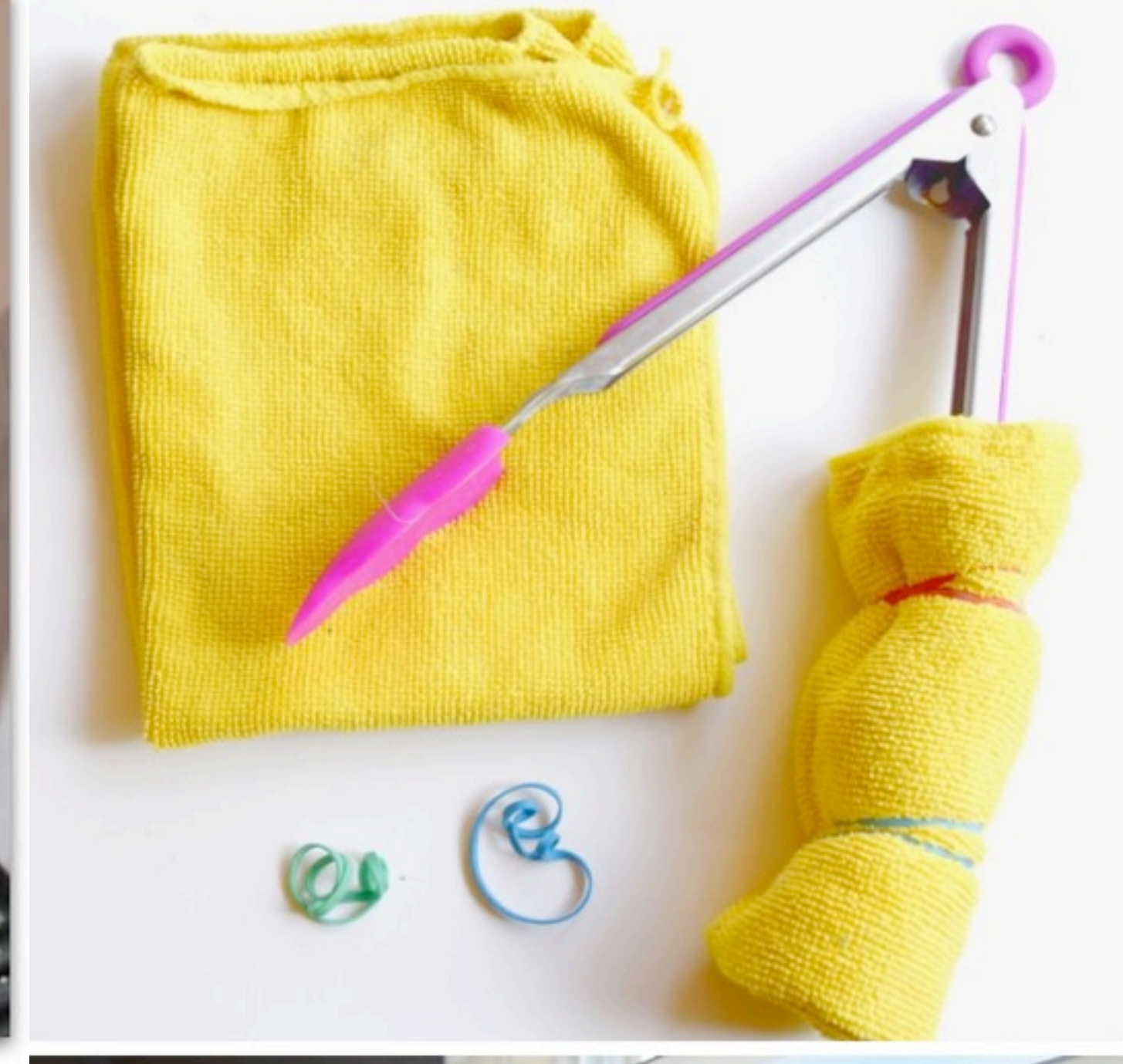
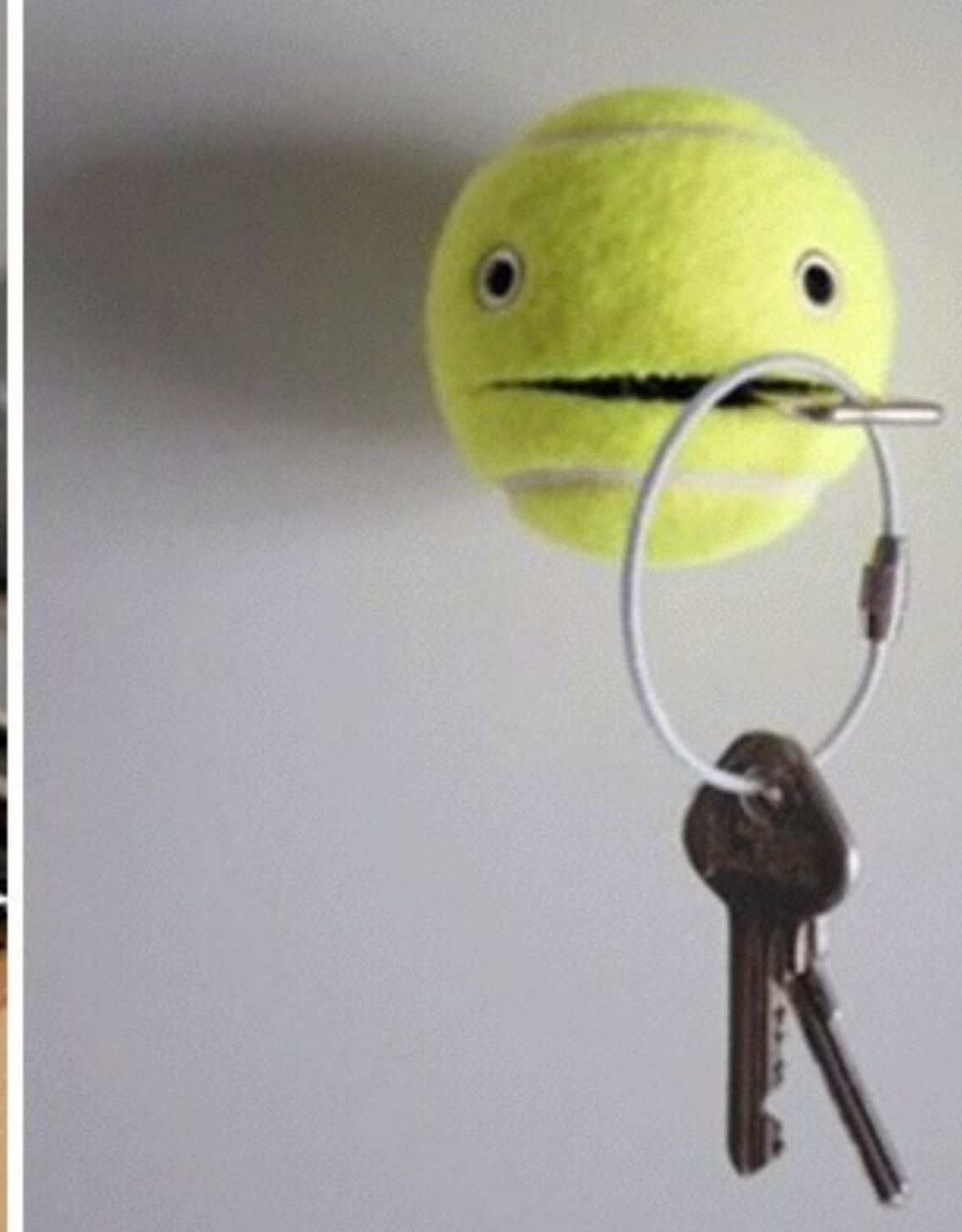
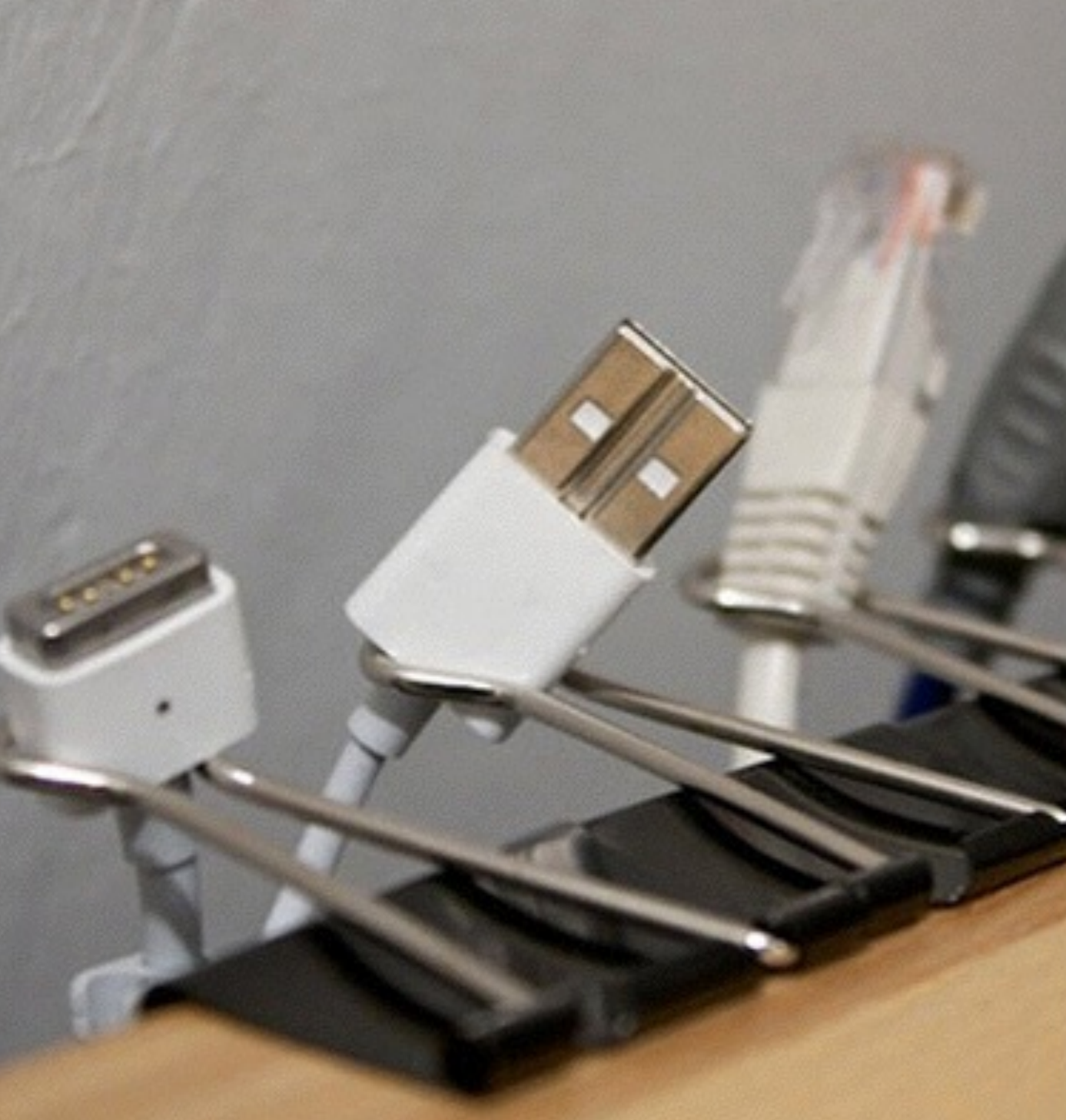


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LIFEHACKS 1.0



Insights from Psalm 23



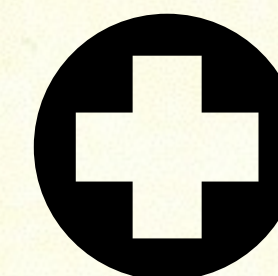
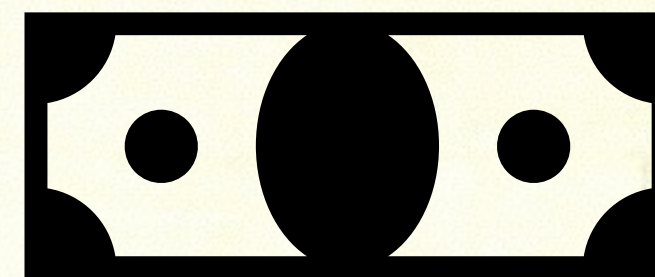
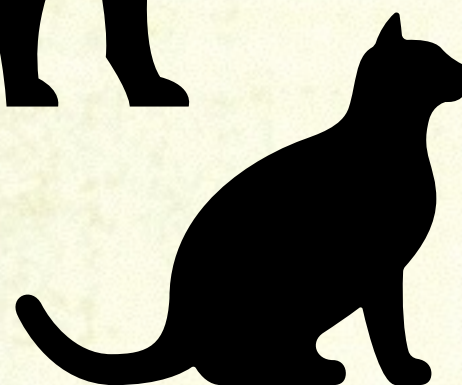
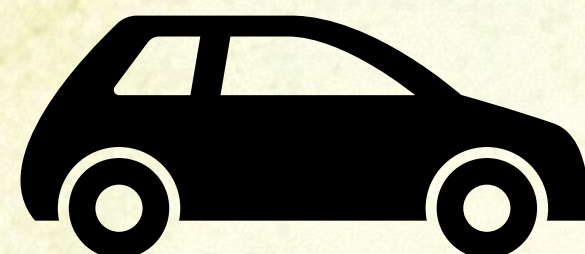
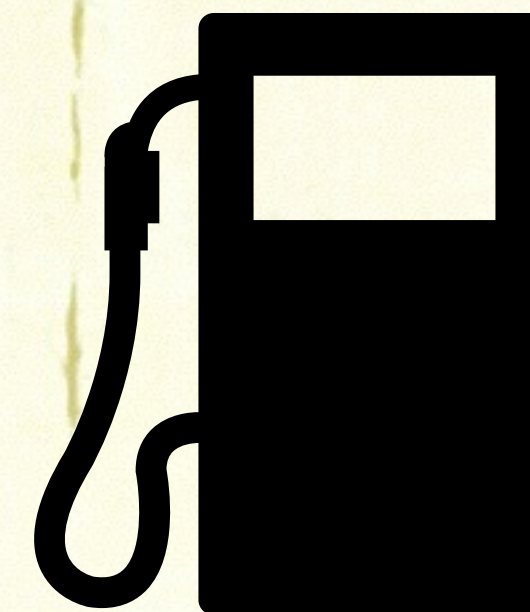
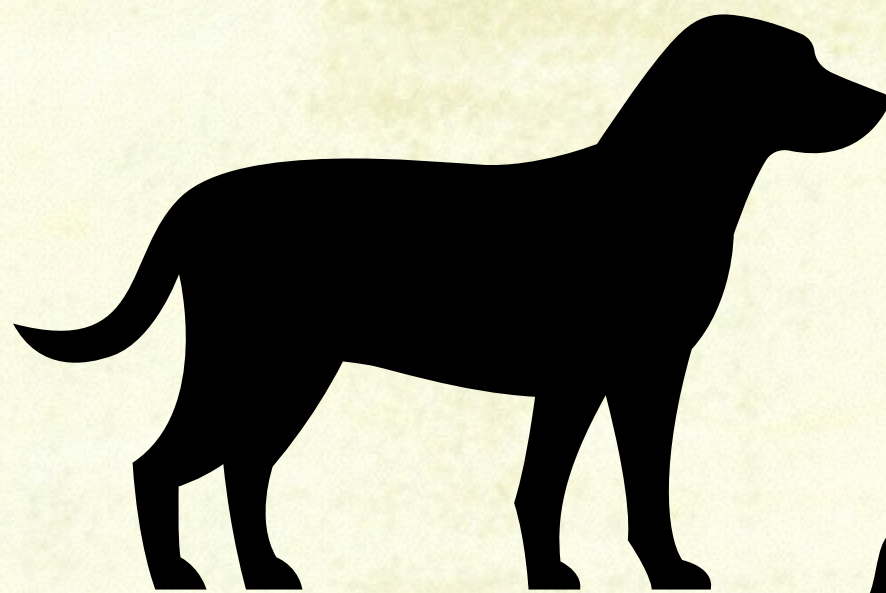
WORRY?



LET'S THINK ABOUT ALL THE PROBLEMS YOU HAVE IN THE WORLD



WORRY?



WORRY



- The word “Worry” in Greek : *merimnaó: to be anxious, to care for* : *merimnáō* (from [3308](#) /*mérimna*, "a part, as opposed to the whole") – properly, *drawn in opposite directions; "divided into parts"* (A.T. Robertson);
- (figuratively) *"to go to pieces" because pulled apart (in different directions), like the force exerted by sinful anxiety (worry).*



WHAT'S THE PROBLEM WITH WORRY?

- UNHELPFUL
- UNREASONABLE
- UNHEALTHY

The latest cutting edge medical research has made a startling discovery

**87% OF ALL DISEASES
ARE A RESULT OF WHAT GOES ON IN
OUR THOUGHT LIFE!**

What does the research say about negative thinking?

87% of illnesses can be attributed to our thought life.

13% to diet, genetics, and environment.

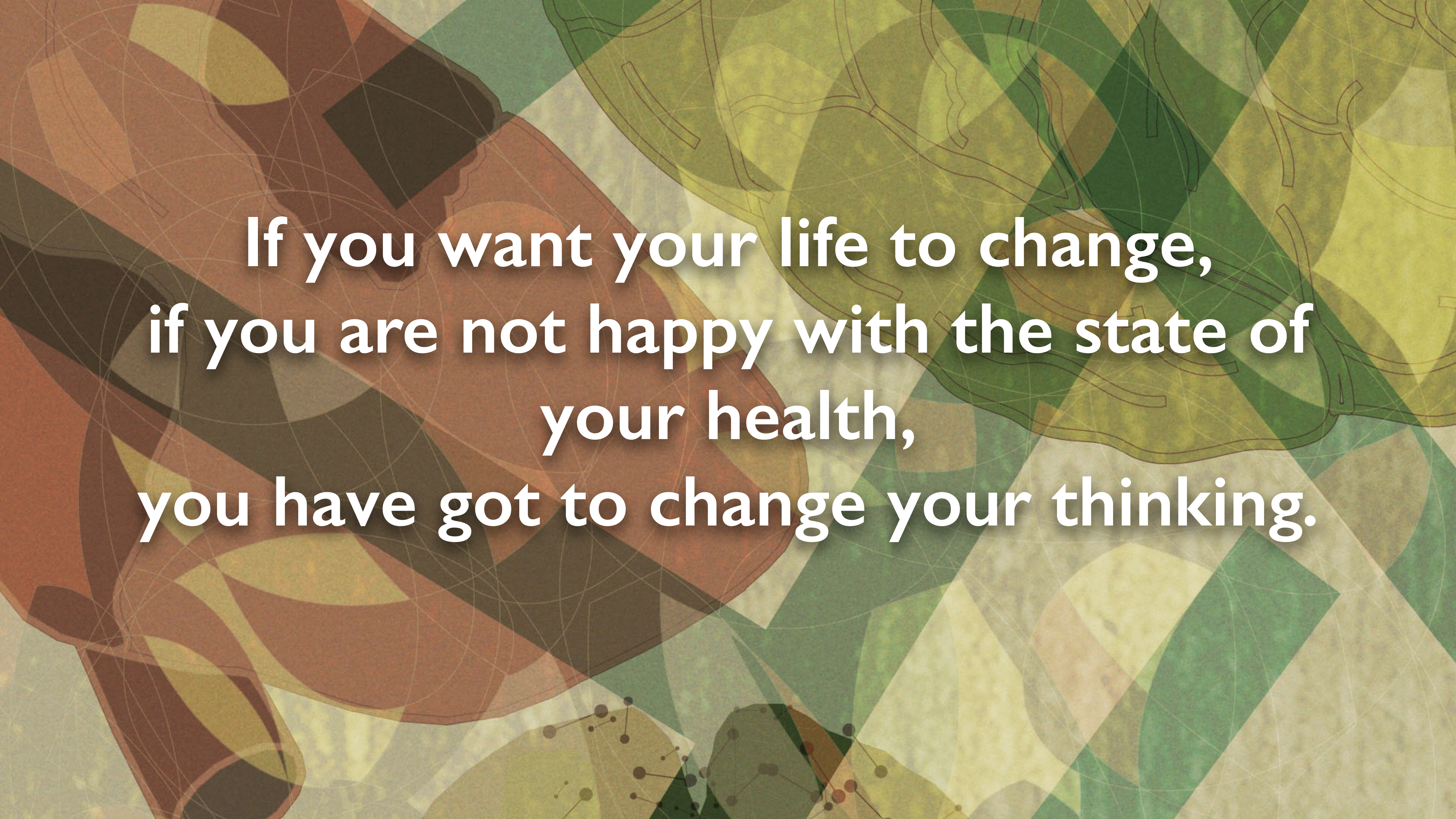
Studies conclusively link more chronic diseases to an epidemic of **toxic emotions as a result of negative thinking.**

Works Cited

Leaf, C. D. (2008). *Who Switched Off My Brain?* Dallas: Switch on Your Brain USA Inc.

TOXIC THINKING PATTERNS

Fear, anxiety, stress, unforgiveness, bitterness, self-hatred, a low self-esteem, guilt, jealousy, envy, anger, rage and resentment, perfectionism or drivenness to perform



**If you want your life to change,
if you are not happy with the state of
your health,
you have got to change your thinking.**

**HOW MANY OF YOU ARE BORN TO
WORRY?**



LIFE-HACKS FOR WORRY



-
-

WHAT'S GOD'S ANTIDOTE FOR WORRY
INSIGHTS FROM PSALM 23

BELIEVE GOD WILL TAKE CARE OF YOU

Psalm 23:1

NIV :

“The Lord is my shepherd, I lack nothing.”

LB :

“The Lord is my shepherd; I have everything I need.”



Psalm 23:1

NIV :

“The Lord is my shepherd, I lack nothing.”

LB :

“The Lord is my shepherd; I have everything I need.”



WHAT'S DOES A SHEPHERD DO?

- **PROVIDES**
 - **PROTECTS**
 - **GUIDES**
 - **CORRECTS**
- *He provides food, shelter, the basic necessities for his sheep.*
 - *He defends against enemies, harm.*
 - *He leads sheep when they're confused & don't know which way to go.*
 - *Any problem that comes along, he corrects it.*

Isaiah 40:11 NLT

He will feed his flock like a shepherd. He will carry the lambs in his arms, holding them close to his heart. He will gently lead the mother sheep with their young.

Health

Life

Travel



Insurance



Business

House

Car



HOW DO YOU MAKE GOD YOUR SHEPHERD?

3 Simple Steps : A-B-C



ACCEPT
JESUS AS YOUR LORD

#1


Psalm 23:1

NIV : *"The Lord is my shepherd, I lack nothing."*

LB : *"The Lord is my shepherd; I have everything I need."*

John 10:14, 27 ESV

¹⁴ *I am the good shepherd. I know my own and my own know me,
²⁷ My sheep hear my voice, and I know them, and they follow me.*



BEGIN
PRAYING TO JESUS
ABOUT EVERYTHING

#2

Philippians 4:6-7 ESV

*⁶do not be anxious about anything,
but in everything by prayer and supplication with thanksgiving let
your requests be made known to God. ⁷And the peace of God,
which surpasses all understanding, will guard your hearts and your
minds in Christ Jesus.*

Philippians 4:6-7 TLB

“Don't worry about anything; instead, pray about everything; tell God your needs, and don't forget to thank him for his answers. If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your hearts quiet and at rest as you trust in Christ Jesus.”

I Peter 5:7 ESV

“Casting all your anxieties on him, because he cares for you.”



CONSIDER
ONE DAY AT A TIME

#3

Matthew 6:34

NIV : "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

LB : "So don't be anxious about tomorrow, God will take care of your tomorrow too. Live one day at a time."

Matthew 6:11

“Our Father in heaven, hallowed be your name, I O your kingdom come, your will be done, on earth as it is in heaven.

I I Give us today our daily bread.

Matthew 6:27

*Can any one of you by worrying
add a single hour to your life?"*

Matthew 6:25-26

²⁵ *Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?*

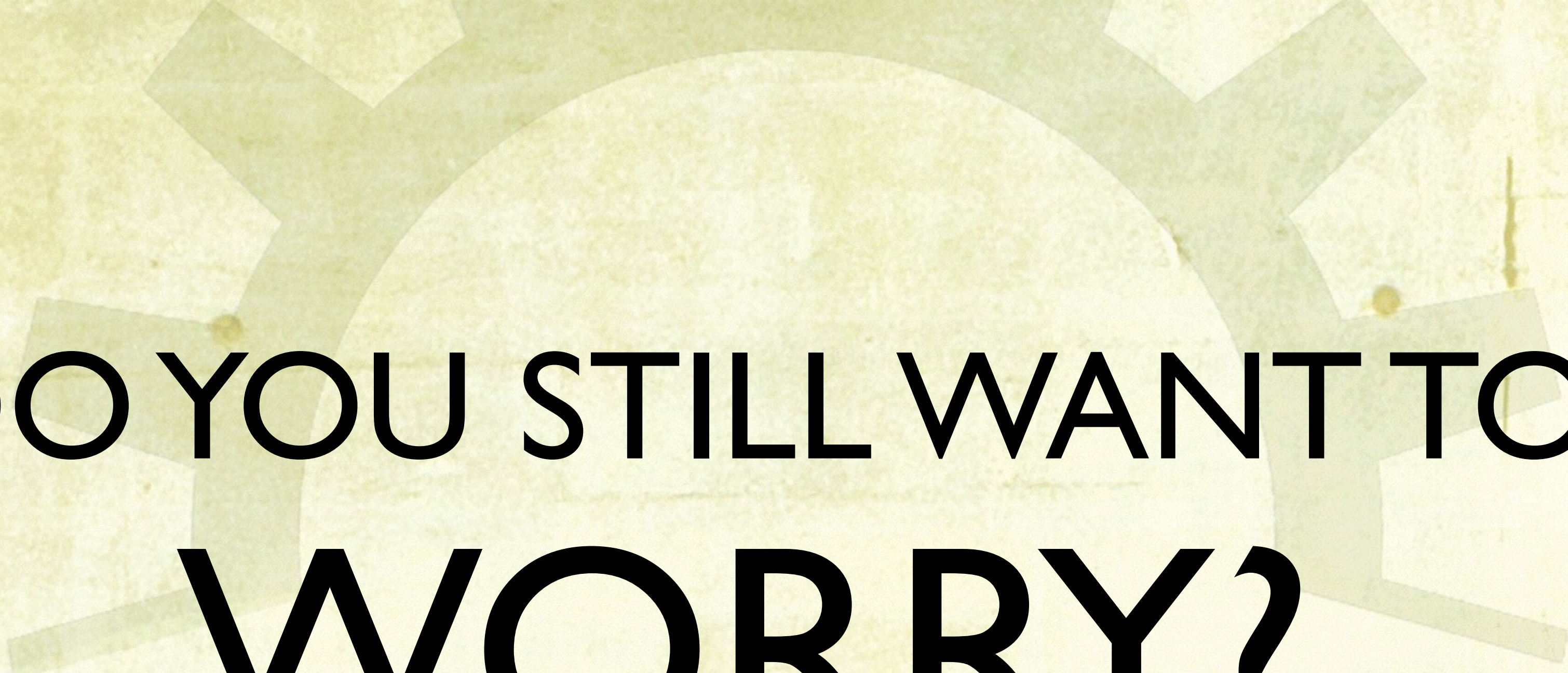
²⁶ *Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?*

Matthew 6:32-33 LB

“Your heavenly Father already knows perfectly well what you need, and he will give them to you if you give him first place in your life and live as he wants you to.”

Conclusion :

If 87% of diseases are a result of what goes on in our thought life, then 87% of diseases can be cured by sorting out our thought life.



DO YOU STILL WANT TO WORRY?

- GOD'S LIFE-HACKS FOR WORRY
- INSIGHTS FROM PSALM 23



Psalm 23:1

NIV :

*“The Lord is my shepherd, I
lack nothing.”*

LB :

*“The Lord is my shepherd; I
have everything I need.”*