

worry
to
Worship

S'poreans more stressed than global average; 16% say their stress is 'not manageable': Study

- Almost nine in 10 Singaporeans reported feeling stressed in 2023, and 16 per cent said they felt that the stress was "not manageable", according to a new study by a global health firm
- Youths TODAY spoke to said that these results are not surprising, as they believe the pressure of being competitive in Singapore would lead to more people feeling stressed
- The study also found that only one in 10 Singaporeans had "high vitality", defined as "the intangible sense of feeling alive and alert, and in command of our lives and energy"
- Around three in five Singaporeans cited the "cost of living" caused by global inflation as a reason they were feeling stressed, and wished they had more support from their employer to live a healthier life

WORRY IS



Futile

Matthew 6:7

Focus misplaced

Matthew 6:25b

Matthew 6:19-21

Faithlessness

Matthew 6:26

Matthew 6:28-30

The background features a dark teal field with flowing, wavy lines in a lighter teal shade. Orange-toned areas at the top-left and bottom-right corners contain a dense, scribbled pattern of thin, intersecting lines.

ROMANS 12:1

WORSHIP IS



Seeking first HIS...
Matthew 6:33

Kingdom

- His Kingship over your life
- His Kingship over others

Righteousness

- His Righteousness in you
- His Righteousness in others

WORSHIP IS



Seeking first HIS...

Matthew 6:33

The privilege of God's children

Matthew 6:32

Daily trust and obedience

Matthew 6:34