

Phone A Friend

How Do I Handle Stress?

September 21 & 24, 2017

(John 16:33) "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

(Psalm 34:19 NKJV) Many are the afflictions of the righteous but the LORD delivers him out of them all.

Three Main Culprits

(1 John 2:15-17) Do not love the world or anything in the world. If anyone loves the world, love for the Father is not in them. For everything in the world—the lust of the flesh, the lust of the eyes, and the pride of life—comes not from the Father but from the world. The world and its desires pass away, but whoever does the will of God lives forever.

✓ Time

(Psalm 90:12) Teach us to number our days aright, that we may gain a heart of wisdom.

(Proverbs 17:24 GN) An intelligent person aims at wise action, but a fool starts off in many directions.

✓ Money

(1 Timothy 6:6-10) But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that. Those who want to get rich fall into temptation and a trap and into many foolish and harmful desires that plunge people into ruin and destruction. For the love of money is a root of all kinds of evil. Some people, eager for money, have wandered from the faith and pierced themselves with many griefs.

✓ Relationships

(Ephesians 4:26-27) And "don't sin by letting anger control you." Don't let the sun go down while you are still angry, for anger gives a foothold to the devil.

Trading Stress For Rest

(Jeremiah 6:16) This is what the LORD says: "Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls."

1. Determine what is most important to you.

(Acts 20:24) "However, I consider my life worth nothing to me, if only I may finish the race and complete the task the Lord Jesus has given me."

2. Determine who is most important to you.

(Mark 12:33-34) "I know it is important to love God with all my heart and all my understanding and all my strength, and to love my neighbor as myself. This is more important than to offer all of the burnt offerings and sacrifices required in the law."

Realizing how much the man understood, Jesus said to him, "You are not far from the Kingdom of God."

3. Put first things first.

(Proverbs 3:6-10) "In all your ways acknowledge him...Honor the LORD with your wealth, with the firstfruits of all your crops; then your barns will be filled to overflowing, and your vats will brim over with new wine."

Whatever is first will always determine the blessing of the rest.

✓ Give God the first of everything.

✓ Make Relationships a priority.

✓ Keep your heart set on eternity.

(Matthew 6:31-34 MSG) "What I'm trying to do here is to get you to relax, to not be so preoccupied with getting, so you can respond to God's giving. People who don't know God and the way he works fuss over these things, but you know both God and how he works. Steep your life in God-reality, God-initiative, God-provisions. Don't worry about missing out. You'll find all your everyday human concerns will be met.

Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes."