

# You Asked For It 4 – Dealing with Stress

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**John 14:1** - "Do not let your hearts be troubled. Trust in God, trust also in me."

Stress comes to all of us, but you don't have to accept the package!

### 2 Kinds of Stress

1. Unavoidable
2. Avoidable

#### 1. UNAVOIDABLE

**John 16:33** - I have told you these things, so that in Me you may have [perfect] peace and confidence. In the world **you have tribulation and trials and distress and frustration**; but be of good cheer [take courage; be confident, certain, undaunted]! For I have overcome the world. [I have deprived it of power to harm you and have conquered it for you.] **AMP**

- If I pray that I won't have any more STRESS or TROUBLE, I will have to pray that you die.
- Stress comes because you are alive!
- IN CHRIST – PERFECT PEACE
- IN THE WORLD – STRESS AND TROUBLE

#### 2. AVOIDABLE

ARE you OVER-LEVERAGED?

**Matthew 11:28-30** – <sup>28</sup> "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. <sup>29</sup> Walk with me and work with me — watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. <sup>30</sup> Keep company with me and you'll learn to live freely and lightly." **The Message**

- Sometimes you have to throw the tackling over the ship to make it through the storm.
- Stress can come as a result of doing "right things" without limits. Boundaries are important.

## **ARE your PRIORITIES out of line?**

1. God
2. Marriage/Relationships
3. Children
4. Job

Whatever is out of priority will move to number 1.

"More, More, More! Somewhere along the way, it seems as if the majority of middle-class parents decided that it would be a good thing to work themselves to death --- and then just for good measure, they decided to work their children to death, too."

- *John and Linda Friel*

"Our children may have excellent grades and a wonderful performance at the recital and not have such an excellent life."

- *John and Linda Friel*

## **ARE you KNOWINGLY disobeying God?**

**Proverbs 13:15** - The way of the transgressor is HARD.

- ARE you VIOLATING YOUR HEART?
- Learn to "hear God's voice."
- Don't ignore the "inward witness or prompting."

## **HOW TO OVERCOME STRESS, FEAR, WORRY & ANXIETY**

**Matthew 6:25-33** – <sup>25</sup> "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 important than food, and the body more important than clothes? <sup>26</sup> 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? <sup>27</sup> Who of you **by worrying** can add a single hour to his life? <sup>28</sup> "And **why do you worry** about clothes? See how the lilies of the field grow. They do not labor or spin. <sup>29</sup> Yet I tell you that not even Solomon in all his splendor was dressed like one of these. <sup>30</sup> If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? <sup>31</sup> So **do not worry**, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' <sup>32</sup> For the pagans run after all these things, and your heavenly Father knows that you need them. <sup>33</sup> But **seek first his kingdom and his righteousness**, and **all these things will be given to you as well.** *NIV*

**Philippians 4:6-9** – <sup>6</sup> Do not be anxious, fret or have anxiety about anything, but in everything, by **prayer and petition, with thanksgiving**, present your requests to God. <sup>7</sup> And **the peace of God**, which transcends all understanding, will **guard your hearts and your minds** in Christ Jesus. <sup>8</sup> Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable — if

anything is excellent or praiseworthy — **think about such things.** <sup>9</sup> Whatever you have learned or received or heard from me, or seen in me — put it into practice. And the God of peace will be with you. **AMP/NIV**

- Pray in faith
- Peace of God – Guards your heart
- Think right things
- Put it into practice
- Experience peace

**I Peter 5:6-7** – <sup>6</sup> Therefore humble yourselves [demote, lower yourselves in your own estimation] under the mighty hand of God, that in due time He may exalt you, <sup>7</sup> Casting **the whole of your care** [all your anxieties, all your worries, all your concerns, once and for all] on Him, for **He cares for you** affectionately and cares about you watchfully. **AMP**

Humility is displayed by CASTING ALL OF YOUR CARE and BELIEVING HE CARES FOR YOU!

**Isaiah 40: 30-31** “Even youths grow tired and weary, and young men stumble and fall; but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.” **NIV**