

DEALING WITH STRESS

2/23/08

- 1 Pet. 4:12 do not think it strange when trials come
13 rejoice -- partaker of Christ's sufferings
15-16 (there is a difference between suffering as a
busybody and suffering for Christ)
- * Life is not stress-free -- We should be
stress-smart.
- * We can not avoid all stress -- We should manage
stress and cope
- * Here are some causes of stress.
1. Change
 2. Powerlessness
 3. Approval
 4. Hostility -- stored-up anger
"last week"
"3 months ago"
"7 years ago"
 5. Guilt -- real or imagined
 6. Conflict of values
compensation vs. happiness
personal needs vs. family needs
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- Prov. 21:31 preparation -- trusting in God
1. Foundation with God
 2. Wise choices
 3. Trusting in God
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1. FOUNDATION WITH GOD
- Matt. 7:24-25 foundation of rock
26-27 foundation of sand
- John 12:27 troubled
28 remembered His purpose
- John 15:1-5 abide in the vine
- John 16:32 "because the Father is with Me"
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2. WISE CHOICES
- Rom. 8:18 future glory > present sufferings

- * You can not always choose what happens
- * You must choose how you react

*What do you value? -- "The key to successful stress-management is to identify what you **value** and to support your values in behavior."

Matt. 6:21 where is your heart? where is your treasure?
 22 where are your eyes?
 33 Kingdom of God -- God's righteousness
 Matt. 16:24-26 what are you choosing?
 Matt. 22:36-40 love God -- love neighbor as yourself

*Are you maintaining your balance and equilibrium?

Heb. 12:1-2 no distractions -- patience -- eyes on Christ
 2 Cor. 11:3 subtle to beguile -- simplicity in Christ

*Are you maintaining your energy?

Eccles. 3:1-8 a time to be active -- a time to be passive

 remember the pie theory -- you only have so much
 energy -- distribute it slowly
 spend time to get energy

- * nap * time alone
- * walk * time with spouse
- * music* time with family

*Are you maintaining your physical support?

1. Special people -- people who will serve your **needs**, no matter how stupid you are -- some people are blessed to have parents and/or grandparents like that
2. Passion hobbies
3. Exercise
4. Nutrition
5. Relaxation
6. Play -- "made me feel like a kid again"
7. Specialist -- physical and/or emotional -- (Matt. 9:12 -- physician)

3. TRUSTING IN GOD

2 Cor. 1:8-10 has delivered -- does deliver -- will deliver

