God’s Plan in Overcoming Stress
How to De-Stress Your Life in Christ

June 13, 2021
God’s Plan in Overcoming Stress

STRESS IS A BIG DEAL IN 2021

• 84% of adults reported feeling at least one emotion associated with prolonged stress in the past two weeks.
  • 81% the future of our nation
  • 80% the coronavirus pandemic
  • 74% cited political unrest around the country as significant sources of stress in their lives

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Everyday Issues That People Face On A Normal Basis That Bring More Stress

- In Reality Stress Is Nothing New--the Causes For Stress May Change But The Fact That Stresses In Life Crop Up Has Always Been The Case.

- In The Bible We Find Many Examples Of People Who Faced Stressful Times In Their Lives: Abraham And Abel Isaac And Jacob Sarah And Moses Gideon In Samson And Samuel

Stressful Times Are A Recurring Theme In Scripture –Even For God’s People
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Paul In Hardship – Pressure -- Despair Of Life:

• 2 Corinthians 1:8 (NIV) — 8 We do not want you to be uninformed, brothers, about the hardships we suffered in the province of Asia. We were under great pressure, far beyond our ability to endure, so that we despaired even of life.

• 2 Corinthians 11:30–31 (NIV) — 30 If I must boast, I will boast of the things that show my weakness. 31 The God and Father of the Lord Jesus, who is to be praised forever, knows that I am not lying.
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David Was A Special Man With A Special Calling And Anointing Yet He Was Distressed

• While He And His Men Are Away From Ziklag -- Their Homes Burned To The Ground. Each Of Their Wives, Sons, And Daughters All Taken Captive

1 Samuel 30:4 (NIV) — 4 So David and his men wept aloud until they had no strength left to weep.

1 Samuel 30:6 (NIV) 6 David was greatly distressed because the men were talking of stoning him; each one was bitter in spirit because of his sons and daughters. But David found strength in the LORD his God.
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In Times Of Stress And Distress When It Seems Like There Is No One And No Where To Turn. There Is Always A Place Where We Can Find Strength

2 Corinthians 12:9 (NIV) — 9 But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.

▪ Your Weakness Is A Place For His Abundance And Ability
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—Hudson Taylor said: “It matters not how great the pressure is, only where the pressure lies. As long as the pressure does not come between me and my Savior, but presses me to Him, then the greater the pressure, the greater my dependence upon Him.”

When We Turn To The Lord We Find The Strength We Need.

▪ This Was David’s Final Test Before He Became King
▪ He Had To Learn To Lead Israel Thru Tough Times And Enemies
▪ Thus, The Distress Came His Way — He Found The Needed Strength
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Today We Live In Stressful Times – How Can We Go On?
We Must Strengthen Ourselves In The Lord

What Is Stress?

STRESS: “A state of personal anxiety, strain or tension resulting from the pressures of human life. Scripture indicates a number of causes and means of dealing with stress.” DR. JUNE HUNT

Stress Is Both External And Internal –
It Is Negative Pressure & Positive Pressure
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If We Do Not Learn To Control Stress, It Will Eventually Control Us

Philippians 4:6–7 (NIV) — 6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.
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Times Of Great Stress Are Part Of The Life Of The Giants Of Our Faith

David Wrote Of A Season Of: Crushing Anguish

Jesus In The Garden When He Sweat Drops Of Blood The Gospels Record It Was At Time Of: Deep Distress And Trouble Where He Was Overwhelmed Soul And Sorrow To The Point Of Death

• **These lessons:** taught to us by Jesus, Paul, David and many others, will motivate you to turn to God for help during your trials, instead of relying only on your own strength to get you through.

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Where Does Stress Come From? Possible Causes Of Stress

- Pressures In Life – Conflicts – Disagreements – Problems With Health – Financial Shortfalls All Result In Stress

- Conflict   Crisis   Changes   Condemnation Concerns
  Competition   Conscience
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The Bible Tells Us That Stress Can Be A Result Of:

- Disobedience To God’s Will
- Family Ties
- The Burdens Of Leadership
- Threats Of Injury Or Violence
- Unjust Leaders
- The Wickedness Of Others
- Academic Study w/o God
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What Happens To Us When We Are Under Stress?

- We Get Anxious
- We Hearts Are Weighed Down
- We Become Choked Out & Unfruitful
- We Are Afraid & Running For Our Lives
- We Are In Distress, Weakness, Grief,& Affliction
- Our Strength Fails
- And We Are Distracted From What Is Most Important
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WHAT IS THE CURE FOR STRESS?

▪ Take Care Of Ourselves
▪ Exercise
▪ Hobbies
▪ Outside Interests
▪ Friendships
▪ Spend Time Those Who Care
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FOUR RESPONSES TO PROCESS IN TIMES OF STRESS:

1. The Mental Response – How You Think About Events
2. The Emotional Response – How You Process Feelings
3. The Physical Response – How Your Body Responds To Stress
4. The Spiritual Response – Your Faith Response
   - Faith Neutralizes Worry And Stress
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(MAT 9:29 NIV) “According to your faith will it be done to you.”

If You Have Faith In God’s Promises It Will Be Done

If Stress From The Outside Or Inside Is Creating Worry, Fear, Or More Debilitating Life Destroying Symptoms -- You Must Fight A Spiritual Battle Against It, In Faith
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*God Must Be Worshipped*

- We Must Have A Consistent Quiet Time In The Word And In Prayer
- Jesus Christ Is Our Hope
- He Is Our Source
- He Has The Answer That We Need
- He Is Able
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*Jesus says:* “Come to me all you who are weary and burdened, and I will give you rest.”

(John 6:37 NIV) ... Whoever comes to me I will never drive away
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We Should Appeal To The Lord In Stressful Situations

- Call Out To The Lord – He Will Answer, Hear Us, & Save Us
- We Turn To Him And He Brings Us Relief And Mercy

The Key To Find The Cure For Stress Is To Know

- God Brings Comfort To The Stressed
- God Comforts Believers Under Stress
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- In The Spiritual Realm All Things Work Together—
- The Pressure Of Stress Has Helped Me Get Closer To The Lord
- To See That My Strength Is In The Lord
- It Has Brought Me To New Heights Of Faith And Hope In Him
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There Are Great Results In The Lord:

- Consolation & Joy
- Rest From Burdens
- Godly Care
- Strength In The Lord
- Peace In The Unknown Future
- Delight In His Word
- Becoming An Overcomer – Not Being Overcome
- Stress Can Lead Us To Christ And His Life Revealed In Us
- The Peace Of God To Guard Our Hearts And Minds In Christ Jesus
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**Stress Keeps Us Close To God It Reminds Us**
- To Keep On Praying Instead Of Worrying
- We Let Stress Drive Us To Our Knees
- We Live Our Lives In The Presence Of God

**God Holds Our Hands And Our Tomorrow’s**
- He Can Use The Pressures Of This Life For His Purpose
- To Make Us More Like Him
- We Choose To Be People Of Faith And Not Fear
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*We Find Our Rest In Him*
- Seeking His Direction
- Turning From The Things That Are Causing The Stress

Allowing Christ To Take Over To Lead Guide In Direct
- We Trust Him Implicitly With Everything In Us
- We Find Our Strength Like David In The Lord.
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2 Corinthians 4:8–10 (NIV) — 8 We are hard pressed on every side, but not crushed; perplexed, but not in despair; 9 persecuted, but not abandoned; struck down, but not destroyed. 10 We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body.

Philippians 4:6–7 (NIV) — 6 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. 7 And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.