

Pt 4: Getting a Grip on our Stress

"Keep your head in every situation."

2 Timothy 4:5 (nlt) *You should keep a clear mind in every situation.*

Stress is not something caused on the outside. It's something that's caused inside us. When we get under stress we blame our circumstances. They are not the cause of our stress. Stress is the response. Stress is in our mind. It's how we react to circumstances. Stress is a combination of emotions. Worry, guilt, fear, bitterness, anger, tension, anxiety – all these things put together based on a way of thinking. That's why the Bible says if you want to deal with stress, you've got to change the way you think.

How can we lower our stress?

1. The Bible says that when we're in the compromising situations of life there are two things that will reduce our stress.

- **Do the right thing.**

Proverbs 10:9 (nlt) *People with integrity have a firm footing, but those who follow crooked paths will slip and fall.*

- **Trust in God for our future.**

Proverbs 23:17-18 (tlb) *Don't envy evil men but continue to reverence the Lord all the time, for surely you have a wonderful future ahead of you.*

Isaiah 49:4 (nlt) *I leave it all in the Lord's hand; I will trust God for my reward.*

2. The Bible says that when we're in conflicting situations of life there are two things that will reduce our stress.

- **Change our focus when we are in conflict.**

Philippians 2:3-6 (nlt) *Don't be selfish... Be humble.... Don't think only about your own affairs, be interested in others, too, and what they are doing. Your attitude should be the same that Christ Jesus had. Though He was God, He did not demand and cling to His rights.*

- **Watch our words.**

Ephesians 4:29-32 (nlt) *Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement ... Get rid of all bitterness, rage, anger, harsh words, and slander... Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you*

3. The Bible says that when we're in a competing situation there are two things that will reduce our stress.

- **Stop comparing.**

Galatians 6:4 (tlb) *Let everyone be sure to do his very best, for then he will have the personal satisfaction of work done well, and won't need to compare himself with someone else."*

- **Remember God's unconditional love.**

Romans 5:8 (nlt) *But God showed His great love for us by sending Christ to die for us while we were still sinners*

Application

There's no doubt that there are people here who are on the verge of burnout. You're stressed out by one of these three things we talked about or some other thing in your life. There's no reason for you to carry that stress. The Bible says, "*Cast all your cares upon Him for He cares for you.*" He will care for you if you will trust Him.

To be a part of a close knit small group of people who love you and who will support is vital to help you journey out of your stressful life. We all need to get into a small group with other Christians who can support us and show God's love to us.

We need people who care for us to help us through the stresses of life. Who are the friends that are close enough to you that you can really be gut honest with? Who are you helping?