

ICYMI: You Can Manage Your Stress!

February 23, 2020

ICYMI Pt. 7

Definition:

Stress - *physical, mental, or emotional strain and tension, or the condition or feeling that certain demands exceed one's ability*

Numbers 13:27, *They gave Moses this account: "We went into the land to which you sent us, and it does flow with milk and honey! Here is its fruit. 28 But the people who live there are powerful, and the cities are fortified and very large. We even saw descendants of Anak there. 29 The Amalekites live in the Negev; the Hittites, Jebusites and Amorites live in the hill country; and the Canaanites live near the sea and along the Jordan." 30 Then Caleb silenced the people before Moses and said, "We should go up and take possession of the land, for we can certainly do it." 31 But the men who had gone up with him said, "We can't attack those people; they are stronger than we are." 32 And they spread among the Israelites a bad report about the land they had explored. They said, ... All the people we saw there are of great size. 33 ... We seemed like grasshoppers in our own eyes, and we looked the same to them." 14:1 That night all the members of the community raised their voices and wept aloud. 2 All the Israelites grumbled against Moses and Aaron, and the whole assembly said to them, "If only we had died in Egypt! Or in this wilderness! 3 Why is the Lord bringing us to this land only to let us fall by the sword? Our wives and children will be taken as plunder. Wouldn't it be better for us to go back to Egypt?" 4 And they said to each other, "We should choose a leader and go back to Egypt."*

I Get Stressed Out When...

- I Compare Myself To **OTHERS**
- I Get Frozen In **FEAR** Or Expect The **WORST**

- I Listen To The Wrong **VOICES** Or Make Bad **DECISIONS**
- I Want Everything To Be **EASY**
- I Forget What God Has Already **DONE FOR ME**

Matthew 6:25, *“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 than food, and the body more than clothes? 26 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? 27 Can any one of you by worrying add a single hour to your life? 28 “And why do you worry about clothes? See how the flowers of the field grow. They do not labor or spin. 29 Yet I tell you that not even Solomon in all his splendor was dressed like one of these. 30 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—you of little faith? 31 So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first His kingdom and His righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.*

What Jesus Says About Dealing with Stress:

1. Admit That You are STRESSED OUT

Matthew 6:25, *“Therefore I tell you, **do not worry about your life...***

Matthew 11:28, *“Come to Me, all you who are weary and burdened, and I will give you rest. 29 Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For My yoke is easy and My burden is light.”*

2. Remember How VALUABLE You Are

Matthew 6:26, *... **Are you not much more valuable than they?***

Philippians 4:8, *Finally, brothers and sisters, 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. 9 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.

3. Do What You Can And Accept Your LIMITATIONS

Matthew 6:27, *Can any one of you by worrying add a single hour to your life?*

1 Peter 5:6, *Humble yourselves, therefore, under God's mighty hand, that He may lift you up in due time. 7Cast all your anxiety on Him because He cares for you.*

4. Start Believing In Yourself And Growing Your FAITH

Matthew 6:30, *...you of little faith?*

Philippians 4:6, *Do not be anxious about anything, but in every situation, 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.*

5. Start Living For God And Not YOURSELF

Matthew 6:33, *But seek first His kingdom and His righteousness, and all these things will be given to you as well.*

Hebrews 10:23, *Let us hold unswervingly to the hope we profess, for He Who promised is faithful. 24 And let us consider how we may spur one another on toward love and good deeds, 25 not giving up meeting together, as some are in the habit of doing, but encouraging one another...*

6. Live One Task And One Day At A TIME

Matthew 6:34, *Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.*

Philippians 4:4, *Rejoice in the Lord always. I will say it again: Rejoice! 5 Let your gentleness be evident to all. The Lord is near.*