

## Making Change Part 2: Stress Is Bad

*(John 16:33 NIV) I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.*

*(Psalm 34:19 NKJV) Many are the afflictions of the righteous but the LORD delivers him out of them all.*

*(Psalm 62:5-8 NIV) Find rest, O my soul, in God alone; my hope comes from him. He alone is my rock and my salvation; he is my fortress, I will not be shaken. My salvation and my honor depend on God; he is my mighty rock, my refuge. Trust in him at all times, O people; pour out your hearts to him, for God is our refuge. Selah.*

### Main Culprits

*(Psalm 62:9-10 NIV) Lowborn men are but a breath, the highborn are but a lie; if weighed on a balance, they are nothing; together they are only a breath. Do not trust in extortion or take pride in stolen goods; though your riches increase, do not set your heart on them.*

#### ✓ Time.

*(Daniel 5:25-28 NIV) "This is the inscription that was written: MENE, MENE, TEKEL, PARSIN. Here is what these words mean: Mene: God has numbered the days of your reign and brought it to an end. Tekel: You have been weighed on the scales and found wanting. Peres: Your kingdom is divided and given to the Medes and Persians."*

#### ✓ Money.

*(1 Timothy 6:6-10 NIV) But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that. Those who want to get rich fall into temptation and a trap and into many foolish and harmful desires that plunge people into ruin and destruction. For the love of money is a root of all kinds of evil (stress). Some people, eager for money, have wandered from the faith and pierced themselves with many griefs.*

## **Stress Is Bad**

*(Jeremiah 6:16 NIV) This is what the LORD says: "Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls. But you said, 'We will not walk in it.'"*

### **1. Live with a sense of purpose and urgency.**

*(Psalm 39:4-5 NLT) LORD, remind me how brief my time on earth will be. Remind me that my days are numbered, and that my life is fleeing away. My life is no longer than the width of my hand. An entire lifetime is just a moment to you; human existence is but a breath.*

### **2. Answer the "what if's?"**

*(Job 1:20-22 NIV) "Then Job arose and tore his robe and shaved his head, and he fell to the ground and worshiped. He said, "Naked I came from my mother's womb, And naked I shall return there. The Lord gave and the Lord has taken away. Blessed be the name of the Lord. Through all this Job did not sin nor did he blame God."*

### **3. Relieve pressure with margin.**

*(Proverbs 21:20 NIV) "In the house of the wise are stores of choice food and oil, but a foolish man devours all he has."*

### **4. Keep your heart set on heaven.**

*(John 14:1-2 NIV) "Do not let your hearts be troubled. Trust in God; trust also in me. In my Father's house are many rooms; if it were not so, I would have told you. I am going there to prepare a place for you."*