

You Asked For It Part 1: How Do I Handle Stress?

(Mark 10:10 NIV) When they were in the house again, the disciples asked Jesus...

(Proverbs 4:7 NIV) "The beginning of wisdom is this: Get wisdom."

(James 1:5 NIV) "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you."

Stressed Out

✓ A lack of sustenance.

(Matthew 6:25 NLT) ""That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing?"

✓ A loss of security.

(Matthew 6:34 NLT) ""So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today."

✓ A life of sin.

(Matthew 7:3-4 NLT) ""And why worry about a speck in your friend's eye when you have a log in your own? How can you think of saying to your friend, 'Let me help you get rid of that speck in your eye,' when you can't see past the log in your own eye?"

✓ A lot of suffering.

(Matthew 26:38-39 NLT) "He told them, "My soul is crushed with grief to the point of death. Stay here and keep watch with me." He went on a little farther and bowed with his face to the ground, praying, "My Father! If it is possible, let this cup of suffering be taken away from me. Yet I want your will to be done, not mine."

Inward Peace

(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."

(Colossians 3:15 ESV) "Let the peace of Christ rule in your hearts."

1. Pray.

(Philippians 4:6-7 NLT) "Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."

2. Establish boundaries.

(Matthew 10:13 NIV) "If the home is deserving, let your peace rest on it; if it is not, let your peace return to you."

(Romans 12:18 NIV) "If it is possible, as far as it depends on you, live at peace with everyone."

3. Apply truth to your thought life.

(Psalm 119:143 NLT) "As pressure and stress bear down on me, I find joy in your commands."

(Isaiah 26:3 NLT) "You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you!"

4. Consecrate your actions.

(Romans 6:22-23 NLT) "But now you are free from the power of sin and have become slaves of God. Now you do those things that lead to holiness and result in eternal life. For the wages of sin is death, but the free gift of God is eternal life through Christ Jesus our Lord."

(Proverbs 16:7 NIV) "When the LORD takes pleasure in anyone's way, he causes their enemies to make peace with them."

5. Entrust Christ with everything.

(1 Peter 5:7 NIV) "Cast all your anxiety on him because he cares for you."

(Psalm 55:22 NIV) "Cast your cares on the LORD and he will sustain you; he will never let the righteous be shaken."