



HOW TO ADDRESS OVERWHELMING STRESS

Pastor Brad Howard - November 5, 2023

5 STAGES OF A STRESS CYCLE

1. CONFUSION

1 Corinthians 14:33 NKJV

For God is not the author of confusion but of peace, as in all the churches of the saints.

Proverbs 18:1 ESV

Whoever isolates himself seeks his own desire; he breaks out against all sound judgment.

2. DEPRESSION

Proverbs 12:25 NKJV

Anxiety in the heart of man causes depression, But a good word makes it glad.

Psalms 61:1-2 NKJV

A Psalm of David. Hear my cry, O God; Attend to my prayer. From the end of the earth I will cry to You, When my heart is overwhelmed; Lead me to the rock that is higher than I.

3. ACCUSATION

Proverbs 28:14 NIV

Blessed is the one who always trembles before God, but whoever hardens their heart falls into trouble.

Psalms 73:21-22 NIV

When my heart was grieved and my spirit embittered, I was senseless and ignorant; I was a brute beast before you.

Hebrews 11:35-40 NIV

There were others who were tortured . . . destitute, persecuted and mistreated— the world was not worthy of them. They wandered in deserts and mountains, living in caves and in holes in the ground. These were all commended for their faith, yet none of them received what had been promised, since God had planned something better for us so that only together with us would they be made perfect.

4. SUBMISSION

1 Peter 5:7 NLT

Give all your worries and cares to God, for He cares about you.



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4. SUBMISSION

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Give all your worries and cares to God, for He cares about you.

Proverbs 3:5-8 NLT

Trust in the LORD with all your heart; do not depend on your own understanding. Seek His will in all you do, and He will show you which path to take. Don't be impressed with your own wisdom. Instead, fear the LORD and turn away from evil. Then you will have healing for your body and strength for your bones.

5. TRANSFORMATION

2 Corinthians 3:18 NKJV

But we all, with unveiled face, beholding as in a mirror the glory of the Lord, are being transformed into the same image from glory to glory, just as by the Spirit of the Lord.

Have I done all the Lord has told me to do right now?

Have I made my present financial situation glorious, or am I living in financial shambles?

Have I done everything I can to make this present stage of my life a bright and shining example to others, or is this part of my life a dismal failure of which I'm embarrassed?

Have I brought this part of my life to a glorious finish?

2 Corinthians 4:17 NLT

For our present troubles are small and won't last very long. Yet they produce for us a glory that vastly outweighs them and will last forever!

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.