



HOW TO HANDLE STRESS GOD'S WAY.

SEPTEMBER 29TH, 2019

Do not let your hearts be troubled (distressed, agitated).

John 14:1a AMP

WHAT'S TROUBLING YOU?

- I'm troubled about my finances.
- I'm troubled about my family.
- I'm troubled about my health.

"The strength of the burden bearers is failing, And there is much rubble; We ourselves are unable To rebuild the wall."

Nehemiah 4:10 AMP

QUESTIONS TO ASK WHEN YOU'RE STRESSED-OUT

1. WHAT NEEDS TO BE STOPPED?

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.

Philippians 4:6-7 NLT

Can any one of you by worrying add a single hour to your life?

Matthew 6:27 NIV

Worry weighs a person down; an encouraging word cheers a person up.

Proverbs 12:25 NLT

2. WHAT NEEDS TO BE SHARED?

"This is not good!" Moses' father-in-law exclaimed. "You're going to wear yourself out--and the people, too. This job is too heavy a burden for you to handle all by yourself. Now listen to me, and let me give you a word of advice..."

Exodus 18:17-19 NLT



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Share each other's burdens, and in this way obey the law of Christ.

Galatians 6:2 NLT

3. WHAT NEEDS TO BE SURRENDERED?

Give your burdens to the LORD, and He will take care of you ...

Psalms 55:22 NLT

Come to Me, all you who labor and are heavy-laden and overburdened, and I will cause you to rest. [I will ease and relieve and refresh your souls.]

Matthew 11:28 AMP