

“How Do I Handle My Stress?”

1. I should spend time in communion with my Father.
(I must take care of my spiritual life).

“After He had dismissed them, He went up on a mountainside by Himself to pray. When evening came, He was there alone.” - Matthew 14:23

2. I should know the purpose of my life and always keep that in focus.

“For the Son of Man came to seek and to save what was lost.” - Luke 19:10

“We are going up to Jerusalem, and the Son of Man will be betrayed to the chief priests and the teachers of the law. They will condemn Him to death.”

- Matthew 20:18

3. I should know what my priorities are and I should be faithful to follow them.

“When he was gone, Jesus said, “Now is the Son of Man glorified and God is glorified in Him.” - John 13:31

“I have brought You glory on earth by completing the work You gave Me to do.” - John 17:4

“When He had received the drink, Jesus said, “It is finished.” With that, He bowed His head and gave up His spirit.” - John 19:30

4. I should avoid the poison of worry.

“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 important than food, and the body more important than clothes?” - Matthew 6:25

What did Jesus teach about worry?

1. It is irrational.
2. It is irreverent.
3. It is irrelevant.
4. It is irresponsible.

5. I should focus on people and their needs.

“When Jesus reached the spot, He looked up and said to him, ‘Zacchaeus, come down immediately. I must stay at your house today.’” - Luke 19:5

“When a Samaritan woman came to draw water, Jesus said to her, ‘Will you give me a drink?’” - John 4:7

6. I should take time to get away for refreshment.

“Then, because so many people were coming and going that they did not even have a chance to eat, He said to them, ‘Come with me by yourselves to a quiet place and get some rest.’” - Mark 6:31

Some Practical Advice for Dealing with Stress:

1. Trust in the Lord.

“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge Him, and He will make your paths straight.” - Proverbs 3:5,6

2. Enjoy the little blessings of life.

“Blessings crown the head of the righteous.” - Proverbs 10:6

3. Build a close network of family and friends.

“Therefore encourage one another and build each other up, just as in fact you are doing.” - 1 Thessalonians 5:11

4. Cultivate a sense of humour.

“A cheerful heart is good medicine.” - Proverbs 17:22

5. Learn to be flexible.

6. Take charge of your life by the power and grace of God.

*“**But the fruit of the Spirit is** love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and **self-control.**”* - Galatians 5:22,23

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(He would take care of His spiritual life).

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