

HOW TO HANDLE STRESS

2 CORINTHIANS 7:5-7

I. Introduction

- A. Definition of Stress – physical, mental, or emotion strain or tension
- B. Determinate of Stress
 - 1. Family, Friends, Finances
 - 2. Society, Self, Sanctuary
 - 3. Change, Uncertainty, Health
- C. Danger of Stress
 - 1. DIStress – bad stress
 - 2. Affects Mind, Morale,
 - 3. Physical, Spiritual – Mark 4:18-19
- D. Delight of Stress
 - 1. EUStress – good stress
 - 2. If the stress has the effect of strengthening of some function, mental, physical, spiritual

II. Identification – Who Am I?

- A. I am a Child of the King – John 1:10-13; Romans 8:14-17
- B. I am a Friend of Christ – John 15:15; Proverbs 18:24
- C. I am a Co-Worker with God – 1 Corinthians 3:9; 2 Corinthians 6:1
- D. I am an Ambassador for Christ – 2 Corinthians 5:20
- E. I am Loved by God – Romans 8:31-39; 1 John 4:7-10

III. Dedication – Who am I trying to please?

- A. 2 Corinthians 4:8-10; Galatians 1:10; 2 Timothy 2:4; Hebrews 11:5-6

IV. Perception – What is really important?

- A. Philippians 3:10-14; Luke 10:38-42

V. Delegation – Who can help?

- A. Saints – Galatians 6:2; Romans 15:1; Exodus 23:5
- B. Savior – Matthew 11:28-30

VI. Relaxation - Take time to rest

- A. Mark 6:31-32
- B. Divert Daily, Withdraw Weekly, Abandon Annually
- C. Longest of the 10 commandments = REST! – Exodus 20:8-11
- D. Today we rest on Sunday – Mark 16:9; John 20:19; Acts 20:7; 1 Corinthians 16:2
- E. A man opens a restaurant,
 - 1. I must have someone to run the store on Sunday
 - 2. Exodus 20:10 But the seventh day is the sabbath of the LORD thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates:
 - a) I will work to keep it open – God says no
 - b) Maybe my son – God says no
 - c) Maybe my daughter – God says no
 - d) Maybe one of my employees – God says no
 - e) Maybe old Betsy my cow – God says no
 - f) Maybe a lost man – God says no
 - 3. He argues with God and God reminds him
 - a) Exodus 20:11 For in six days the LORD made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the LORD blessed the sabbath day, and hallowed it.
 - 4. If creation did not fall apart when God rested, neither will it when you rest