

MANAGING STRESS

Working a job, caring for your children, keeping house, going to school, cooking, shopping, keeping the car maintained, paying bills, going to church, living holy, cleaning, taking care of your spouse, and the rest, can create stress in your life. How do saints manage this load on their lives?

Memory Verse: 2 Cor. 4:8 We are troubled on every side, yet not distressed; we are perplexed, but not in despair;

BIBLE LESSON

For this lesson, we will use for our example probably the busiest man in scripture outside of Christ, Paul. He zealously killed of the saints of the Most High. Yahshua met him, and that encounter changed him from a destroyer to a life giver, through preaching the gospel and setting up churches in the name of Jesus throughout his part of the world at that time.

Stressful situations were in Paul's life according to his testimony. 2 Corinthians 11:22-33

Paul's state of mind managed stress well. 2 Corinthians 4:8-10

How does Paul get this state of mind? He trusted in the God of resurrection. 2 Corinthians 1:7-10, Isaiah 26:3-4.

You have to learn how to choose the things you involve yourself in. Proverbs 3:5, Isaiah 48:16-17, Isaiah 30: 18-21.

APPLICATION

There are things you can do to relieve stresses in your life. Here are a few tips.

- Eat well, including breakfast.
- Pray about everything!
- Get 7-8 hours of sleep.
- Praise God every day. A grateful heart puts you in the right frame of mind.
- For 1-2 hours a week, do something you enjoy like reading, biking, walking, etc.

Please take time to do some of these activities this week. What others can you think of?