

## Stress Busters

Proverbs 12:25

*An anxious heart weighs a man down*

Prov 15:15-16

All the days of the oppressed are wretched,  
but the cheerful heart has a continual feast.

<sup>16</sup> Better a little with the fear of the Lord  
than great wealth with turmoil.

Prov 17:22

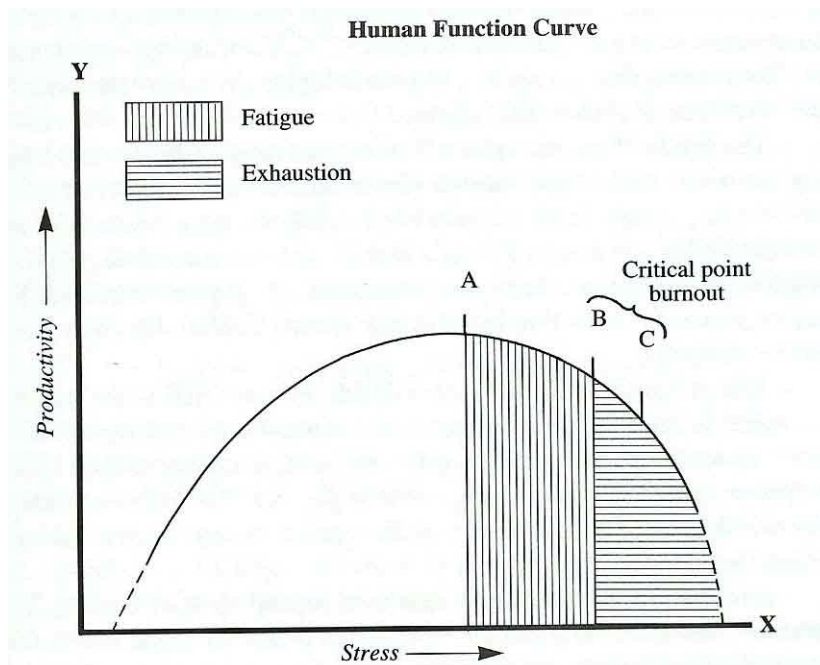
A cheerful heart is good medicine,  
but a crushed spirit dries up the bones.

"The Psyche, it seems, is the point of entry for the stress virus..."

A Lie Believed As Truth Will Affect You As If It Were True.

**Two broad recommendations for the overly stressed**

**1) Stress reduction--decrease your stress load.**



## 2) **Stress Management--Learn How To Control Your Stress Response.**

Suggestions for decompressing stress-filled lives

- Practice gratitude
- Generate goodwill
- Do volunteer work.
- Set realistic expectations
- Laugh ("inner jogging")
- Play
- Meditate
- Pray
- Accept what cannot be changed
- Avoid frustration
- Exercise
- Put more control in your life
- Reconcile conflict in personal relationships (confession/ forgiveness).
- Above all, avoid anger and the desire for revenge

### **How Do We Reduce And Manage Stress?**

#### **A. See God's Purpose In Our Stress**

2 Cor 4:17-18

*For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.*

a) God wants to build our character

b) God wants to change our direction

Jer 29:11

*For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future.*

#### **B. Seeing God's Presence In Our Stress**

Job 42:5

*My ears had heard of you  
but now my eyes have seen you.*

Jer 29:12-14

*Then you will call upon me and come and pray to me, and I will listen to you.  
13 You will seek me and find me when you seek me with all your heart. 14 I  
will be found by you," declares the Lord, "*