

## Stretch Two: Handling Stress

Text: Matthew 11:28-30

Introduction:

**stress** : a physical, chemical, or emotional factor that causes bodily or mental tension and may be a factor in disease causation ; a state resulting from a stress; *especially* : one of bodily or mental tension resulting from factors that tend to alter an existent equilibrium (<http://www.m-w.com/dictionary/stress>).

Have you been faced with “burning the candle at both ends” to make ends meet, to achieve crucial deadlines, to make everyone happy, or to fulfill ministry or life obligations? These and other situations can be very stressful. In today’s world, burnout and work overload seem to be buzzwords showing how busy and stressed we have become. Our answer is to often take a Tylenol. The Lord, however, wants us to rest in Him and find His peace. Stress often joins itself with other situations in life as our response to them, so it is crucial to understand stress and control it—*before it controls us* (Ephesians 5:18).

### I. Problems from Stress

A. \_\_\_\_\_

1. \_\_\_\_\_ – Daniel 6:14, 18-20; Hebrews 12:3
2. \_\_\_\_\_ – James 3:14
3. \_\_\_\_\_ – 1 Kings 19:4-8
4. \_\_\_\_\_ – Psalm 32:3, 4

B. \_\_\_\_\_

1. Loss of \_\_\_\_\_ control – 1 Corinthians 6:12; Ephesians 5:18
2. Distrust of \_\_\_\_\_ control – 1 Peter 5:7
3. Distraction from God’s \_\_\_\_\_ – 2 Corinthians 10:5
4. Surrender of your \_\_\_\_\_ – Ephesians 6:10-18

### II. Personified Providers of Stress

- A. Moses: Inadequate \_\_\_\_\_ – Exodus 18:18
- B. Elijah: \_\_\_\_\_ – 1 Kings 18:36-19:4
- C. David: \_\_\_\_\_ of others (rejection, threats, or harm) – 1 Samuel 30:6
- A. David: \_\_\_\_\_ – 2 Samuel 11:2-5
- B. Jonah: \_\_\_\_\_ from God – Jonah 1:2-3, 7; 2:1-2
- C. Peter: \_\_\_\_\_ – Luke 22:34, 61
- D. Widow: Lack of \_\_\_\_\_ – 2 Kings 4:1-7
- E. Martha: \_\_\_\_\_ – John 11:19

### III. Prescription for Stress

- A. Learn to \_\_\_\_\_ God – 1 Peter 5:7
  - 1. Sure up your \_\_\_\_\_ – Ephesians 6; 1 Peter 5:8
  - 2. Accept \_\_\_\_\_ – Book of Revelation
  - 3. Avoid \_\_\_\_\_ – Proverbs 22:3; 2 Timothy 2:22
  - 4. \_\_\_\_\_ – Philippians 4:6
  - 5. Seek \_\_\_\_\_ from the Bible – Proverbs 25:11; Psalm 119:116
- B. Evaluate your \_\_\_\_\_
  - 1. \_\_\_\_\_ – 1 Timothy 4:8
  - 2. \_\_\_\_\_ healthy – Proverbs 23:1-3, 20, 21
  - 3. Establish a workable \_\_\_\_\_ – Mark 6:31
    - a) \_\_\_\_\_ hard – 2 Thessalonians 3:8, 10-12
    - b) \_\_\_\_\_ and relax – Mark 6:31; Proverbs 6:9-11
  - 4. Set practical \_\_\_\_\_ – Luke 14:28