

How To Keep Stress from Stressing Me

Stress is triggered by:

- 1) A Threatening Situation
- 2) Change

1. IN MY RELATIONSHIPS: Keep SHORT ACCOUNTS.

*“I urge Euodia and Syntyche to iron out their differences and make up. God doesn’t want His children holding grudges. And, oh, yes, Syzygus, since you’re right there... help them work things out...” **Philippians 4:2-3 (Msg.)***

“If it is possible, as far as it depends on you, live at peace with everyone.”
Romans 12:18 (NIV)

2. IN MY ATTITUDE: Preset it to JOY.

“Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near.” **Philippians 4:4-5 (NIV)**

“`My grace is sufficient for you, for My power is made perfect in weakness.’ Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.” **2 Corinthians 12:9-10 (NIV)**

3. IN MY REACTIONS: OFF LOAD on God

“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” **Philippians 4:6-7 (NIV)**

“Cast all your anxiety on Him because He cares for you.” **1 Peter 5:6-7 (NIV)**

4. IN MY CIRCUMSTANCES: Look for the GOOD.

“Think about the things that are good and worthy of praise. Think about the things that are true and honorable and right and pure and beautiful and respected.” **Phil. 4:8 (NCV)**

“Be careful what you think, because your thoughts run your life.” **Proverbs 4:23 (NCV)**

“Endure hardship as discipline ... No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.” **Hebrews 12:7-11 (NIV)**

5. IN MY LIFESTYLE: To FOLLOW JESUS.

“Keep putting into practice all you learned from me and heard from me and saw me doing, and the God of peace will be with you.” **Philippians 4:9 (NLT)**

“Are you tired? Worn out? Burned out on religion? Come to Me ... and you'll recover your life. I'll show you how to take a real rest. Walk with Me and work with Me – watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you.” **Matthew 11:28-30 (Msg)**