

Handling The Challenges of *WORRY & STRESS*

WORRY

"Worry is like a rocking chair: it keeps you busy, but doesn't get you anywhere."

"Worry has nowhere to go, and gets nowhere."

"Worry empties the day of its strength, but not its troubles."

"Worry is the interest you pay on trouble before it comes."

"More have died from over-worry than overwork."

1. THINK ON WHAT IS REALLY IMPORTANT IN LIFE!

- Jesus told us not to "take thought" (worry) about material things: Matthew 6:25-33
- When we learn what is important, we learn contentment: 1 Timothy 6:6-8

2. DECIDE TO ALWAYS TRUST IN GOD!

- God knows our needs: Matthew 6:26-28, 30, 32
- We are to think on things of God: Philippians 4:6-8
- We must always trust in God: 1 Peter 5:6-7

3. DETERMINE TO LIVE ONE DAY AT A TIME!

- God will give us strength each day: Matthew 6:34
- We must press on: Philippians 3:13-14
- We must come unto Jesus: Matthew 11:28-30

STRESS

We live in a fast-paced, hectic, stress-filled world, with tension and pressure part of our daily lives. How do we handle life's stresses?

1. CONCENTRATE ON THINGS THAT ARE CALMING!

- We need to think on things that are honest, just, pure, lovely, good, virtuous, praiseworthy: Philippians 4:8
- We need to "be still" and know God: Psalm 46:10

2. LEARN TO LIVE WITH INEVITABLE CONDITIONS!

- Some things we cannot change; we must accept that fact and depend on God: Romans 8:28
- Remember we can do all things through Christ Who strengthens us: Philippians 4:11-12

3. SEEK OPPORTUNITIES TO HELP OTHERS!

- We must learn that helping others relieves our own distresses: 2 Corinthians 1:3-4
- Jesus is our great example in this – He helped others!

4. ALWAYS DEPEND ON GOD & HIS STRENGTH!

- God is our Rock, our Salvation, our Defense, our Refuge – we must trust in Him: Psalm 62:5-8
- God sees, hears, loves and cares, and has promised to never leave or forsake His children: Hebrews 13:5