**How to Deal With Stress**

**Matthew 6:34**

**Introduction:**

I. Stress has become a way of life for many. Even though we (as Christians) have so much to be joyful about, we can be our own worst enemy taking the wind right out of the joy we have.

II. Let us consider these common practices to relieve and ward off stress in our lives…

**Discussion:**

**I. Concentrate on Things That Are Calming (Phil. 4:8)**

A. Today’s society is caught up in noise and confusion

1. Its music is loud and thunderous; its entertainment is explosive, sometime destructive.

B. Deal with stress by concentrating on calming influences

1. Engage with nature, it can be relaxing. (Stop and smell the roses)

2. Listen to soothing hymns of the church.

3. Speak to the Lord through prayer

4. Meditate on His promises (Isa. 40:31; Ps. 107:29)

a. Jesus rebukes the storm (Luke 8:22-25)

**II. Cooperate with Inevitable Conditions (Rom. 8:28)**

A. Many Christians suffer stress because they struggle with and fight inevitable conditions.

B. Jesus conquered stress because he did not fret about difficult situations.

1. He simply turned impossibilities into opportunities. We should do likewise.

C. Sometimes we must accept situations that we are powerless to change, doing our best and trusting God for the rest. “Serenity Prayer”

a. (Phil. 4:11; Ps. 9:9-10)

**III. Comfort Others Who Have Complaints (2Cor. 1:3-4)**

A. Many Christians fail to comfort others as they should.

1. They are too concerned about selfish interests.

B. Jesus cared about the difficulties of others.

1. He healed the sick, gave sight to the blind, and forgave the sinful.

C. We should get involved in helping the less fortunate also.

1. Comforting others who have problems will also help to solve our own complaints (Phil. 4:11 – ref. same as above)

**IV. Constantly Trust God with All Concerns (Ps. 62:8; 2Cor. 12:9 / ref. vs. 12:8-10)**

A. If we are to conquer stress, we need to be always aware of God’s presence.

1. We do not always feel His presence, but through faith we know He is near.

B. We are able to trust God because we are not alone. He promised ***“I will never leave you or forsake thee.”*** (Heb. 13:5). Practice the presence of God. (Prov. 3:5-6)

C. We must yield ourselves to God’s will, letting Him do His work through us. Carrying the responsibility (Rom. 6:13)

**Conclusion:**

**I. *“We know all things work together for good…*(Rom. 8:28)**

**II. If we put our trust in God, we will relieve and ward off stress in our lives!**