

Today's Theme

# “How To Manage Stress” Pt1

Series Title

## “Finding Joy In Life” Part 24

February 13, 2022

### How To Manage Stress & Pressure

#### 1. Get joy from Jesus *forver* JFJF.

How - By finding *my* joy in Jesus *alone*.

Phil 4:4 Rejoice in the Lord always. I will say it again: Rejoice!

1 Samuel 30:6 David was greatly distressed because the men were talking of stoning him; each one was bitter in spirit because of his sons and daughters. But David found strength in the Lord his God.

The path to Stress *reduction*

- (1) By *leaning* on Jesus for strength.
- (2) By *savoring* the joy produced by Jesus.
- (3) By allowing joy to produce *encouragment*.

#### 2. Relate with *gentleness* always RWGA.

How - By developing a *gentle* style of *relating*.

Phil 4:5 Let your gentleness be evident to all.

How *stress* grows or diminishes

- (1) The stressed tend to be *harsh & demanding*.
- (2) Harshness *intensifies* stress.
- (3) Gentleness tends to *lower* stress.

#### 3. Understand Jesus is *close* to us - UJIC.

How - By living *aware* of who's *close*.

Phil 4:5 . . . The Lord is near.

What the *nearness* of the Lord tells us

John 14:26 But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. 27 Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

John 16:33 “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”

- (1) It underscores His *availability*.
- (2) He's with us to *help & encourage* us.
- (3) We can dump unnecessary *stress & tension*.