



ANSWERS TO LIFE'S PROBLEMS
"THE ANSWER FOR STRESS"

JESUS WAS CONSTANTLY UNDER PRESSURE, BUT HE REMAINED AT PEACE. WHAT CAN WE LEARN FROM HIS LIFE ABOUT HAVING A CALMNESS IN THE MIDST OF OUR STRESS?

DEDICATION: KNOW WHOM YOU'RE TRYING TO PLEASE

JESUS SET FORTH THE FIRST PRINCIPLE OF STRESS MANAGEMENT IN JOHN 5:30, WHERE HE STATED THAT IT WAS HIS WILL TO PLEASE HIS HEAVENLY FATHER. WE KNOW WE CANNOT PLEASE EVERYBODY. EVEN GOD DOESN'T PLEASE EVERYBODY, SO IT'S FOOLISH TO TRY TO DO SOMETHING THAT EVEN GOD DOESN'T DO!
WHEN WE DON'T KNOW WHOM WE ARE TRYING TO PLEASE, THEN WE CAVE IN TO THREE THINGS:

(1) CRITICISM; (2) COMPETITION; AND (3) CONFLICT.

IF WE FOCUS ON PLEASING GOD, THEN IT WILL SIMPLIFY OUR LIVES, AND IT WON'T MATTER WHAT EVERYONE ELSE THINKS.

ORGANIZATION: KNOW WHAT YOU'RE TRYING TO ACCOMPLISH

IN JOHN 8:14 JESUS SAID HE KNEW WHERE HE CAME FROM AND HE KNEW WHERE HE WAS GOING. HE LIVED BY HIS PRIORITIES. EVERY DAY WE EITHER LIVE BY PRIORITIES OR BY PRESSURES. THERE IS NO OTHER OPTION. WE EITHER DECIDE WHAT IS IMPORTANT IN OUR LIFE OR ELSE WE LET OTHER PEOPLE TELL US WHAT IS MORE IMPORTANT IN OUR LIFE. WE NEED TO SET PRIORITIES AND LIVE BY THEM.

CONCENTRATION: FOCUS ON ONE THING AT A TIME

IN LUKE 4:42-43 SOME PEOPLE TRIED TO GET JESUS DETOURED FROM HIS PLANNED SCHEDULE, BUT IN VERSE 43 HE REMINDED THEM OF HIS GOAL. HE REFUSED TO BE DISTRACTED BY LESS IMPORTANT MATTERS. WE NEED TO CONCENTRATE ON ONE THING AT A TIME. WHEN WE DIFFUSE OUR EFFORTS WE BECOME LESS EFFECTIVE AND BECOME MORE STRESSED.

DELEGATION: DON'T DO IT ALL YOURSELF

JESUS APPOINTED TWELVE MEN TO HELP HIM IN HIS MISSION. HE DELEGATED HIS AUTHORITY BECAUSE HE KNEW HE COULD NOT DO IT ALL ALONE. WE GET UPTIGHT AND TENSE BECAUSE WE MISTAKENLY THINK EVERYTHING DEPENDS ON US. TWO REASONS WHY WE DO NOT DELEGATE IS BECAUSE OF *PERFECTIONISM*—WE THINK IT WON'T BE DONE RIGHT UNLESS WE DO IT OURSELVES; AND THE OTHER REASON IS *INSECURITY*. WE ARE AFRAID SOMEONE WILL DO IT BETTER THAN US!

MEDITATION: MAKE A HABIT OF PERSONAL PRAYER

MARK 1:35 TELLS US THAT JESUS OFTEN GOT UP EARLY AND WENT OFF TO A SOLITARY PLACE TO PRAY. THIS IS THE PRINCIPLE OF MEDITATION. PRAYER IS A GIGANTIC STRESS-RELIEVER. IT IS A GOD-GIVEN TOOL FOR LETTING OFF OUR ANXIETIES. NO MATTER HOW BUSY JESUS BECAME, HE ALWAYS FOUND TIME FOR PRAYER, AND SO SHOULD WE. WE HAVE A BIG PROBLEM SITTING STILL AND BEING QUIET, BUT WE MUST CONSCIOUSLY MAKE THE EFFORT TO DO SO IN ORDER THAT THE LORD MAY BE ABLE TO SPEAK TO US.

RECREATION: TAKE TIME OFF TO ENJOY LIFE

MARK 6:31 TELLS US THAT JESUS TOLD HIS DISCIPLES TO GO TO A QUIET PLACE AND GET SOME REST. THEY HAD BEEN SO BUSY THAT DAY THEY HADN'T BEEN ABLE TO EAT. THIS IS THE PRINCIPLE OF RELAXATION AND REST. ONE REASON JESUS COULD HANDLE STRESS IS THAT HE KNEW WHEN TO RELAX. HE FREQUENTLY WENT TO THE MOUNTAINS

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OR THE DESERT TO FIND SOME RELIEF. WE NEED TO FIND A HEALTHY BALANCE IN OUR LIVES IN ORDER TO MANAGE ALL OF THE STRESS.

TRANSFORMATION: GIVE YOUR STRESS TO CHRIST

SINCE JESUS WAS THE SON OF GOD, HE DIDN'T NEED THIS PRINCIPLE, BUT WE DO. IN MATT. 11:28-30 JESUS INVITED US TO COME TO HIM AND GIVE HIM OUR STRESS. WE WILL NEVER ENJOY COMPLETE PEACE OF MIND UNTIL WE HAVE A RELATIONSHIP WITH THE PRINCE OF PEACE.