



Lose the Luggage - Stress

Midweek Sermon

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STRESS OCCURS WHEN SOMETHING WE CARE ABOUT IS AT RISK.

HOW IS STRESS WEIGHING YOU DOWN?

Hebrews 12:1 (NKJV)

1 Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us,

SYMPTOMS OF STRESS

Top ten symptoms of excessive stress—

1. Decision making becomes more difficult — both major and minor decisions
 2. Excessive daydreaming
 3. Increased use of cigarettes, alcohol or prescription drugs
 4. Thoughts trail off while speaking or writing
 5. You live with a fear of heart attack or another sudden illness
 6. Sudden outbursts of anger or hostility
 7. Paranoid ideas and mistrust of friends
 8. You dream of escape all the time
 9. Frequent spells of brooding and feelings of inadequacy
 10. Reversals in usual behavior
- (Keith W. Wehnert, *Stress/Unstress*, 1981, Augsburg)

DEPART BEFORE YOU FALL APART

Mark 6:30-32 (KJV)

30 And the apostles gathered themselves together unto Jesus, and told him all things, both what they had done, and what they had taught. 31 And he said unto them, Come ye yourselves apart into a desert place, and rest a while: for there were many coming and going, and they had no leisure so much as to eat. 32 And they departed into a desert place by ship privately.

3 Stress Stoppers

1. _____ Control

Exodus 18:23 (CEV)

23 This is the way God wants it done. You won't be under nearly as much stress, and everyone else will return home feeling satisfied.

2. _____ with God

Psalm 55:22 (CEV)

22 Our LORD, we belong to you. We tell you what worries us, and you won't let us fall.

1 Peter 5:7 (NJB)

7 unload all your burden on to him, since he is concerned about you.

1 Peter 5:7 (TLB)

7 Let him have all your worries and cares, for he is always thinking about you and watching everything that concerns you.

Psalm 63:6 (NLT)

I lie awake thinking of you, meditating on you through the night.

3. _____ Away

Mark 6:31 (NJB)

31 And he said to them, 'Come away to some lonely place all by yourselves and rest for a while'; for there were so many coming and going that there was no time for them even to eat.

'Come away to some lonely place all by yourselves and rest for a while'

Mark 6:32 (KJV)

32 And they departed into a desert place by ship privately.

ANSWERS:

1. TAKE

2. TALK

3. TIME