



Dealing with Stress

"In the multitude of my anxieties within me,
Your comforts delight my soul." psalm 94:19

Jan 24, 2016

– Different levels and reasons of Stress:

- Little children have to deal with monsters or bad guys under the bed.
- Social pressure
- Sickness
- Tragedy
- Number 1 stress??
- Foolish things: (cosmetics)

Frizzy hair, Zits, Looks



What is Stress:

Def:

1. Pressure or tension placed on a material object.

(not much help unless in Physics I)



$$\sigma = \frac{F}{A}$$

Stress (N m⁻² or Pa) Force (N) Area (m²)

Better Def:

2. A state of mental or emotional strain or tension resulting from adverse or demanding circumstances.

What Causes Stress?

One simple Word....

Expectation



Expectations:

From others, (significant, family, God, ourselves)

Expectation I have of people or I feel people have of me

In the eyes of people Who AM I
(rebellious, follower, Leader)

Story of 3 Pots:



Which one are you??????????????

After the Fall of Adam, 3 things fell on the World.

1. Fear.
2. Guilt.
3. Shame.
4. That is why there will always be stress in the world until we return to our natural state again with God.
5. That is why we always will need God to deal with Stress.

3 Blessed *be* the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort,
4 who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God. 5 For as the sufferings of Christ abound in us, so our consolation also abounds through Christ. 6 Now if we are afflicted, *it is* for your consolation and salvation, which is effective for enduring the same sufferings which we also suffer. Or if we are comforted, *it is* for your consolation and salvation. 7 And our hope for you *is* steadfast, because we know that as you are partakers of the sufferings, so also *you will partake* of the consolation. (2Cor.1:3-7)

³ Blessed *be* the God and Father of our Lord Jesus Christ, the Father of mercies and God of all **comfort**, ⁴ who **comforts** us in all our tribulation, that we may be able to **comfort** those who are in any trouble, with the **comfort** with which we ourselves are **comforted** by God. ⁵ For as the **sufferings** of Christ abound in us, so our **consolation** also abounds through Christ. ⁶ Now if we are afflicted, *it is* for your **consolation** and salvation, which is effective for enduring the same **sufferings** which we also **suffer**. Or if we are **comforted**, *it is* for your consolation and salvation. ⁷ And our hope for you *is* steadfast, because we know that as you are partakers of the **sufferings**, so also *you will partake* of the **consolation**.

In the multitude of my **anxieties** within me,
Your **comforts** delight my **soul**.

Why does God Comfort us?????

1. It is His nature. (the Holy Spirit is called the comforter).
 1. Example: Parents feeding children.
 2. Come to me O heavy laden and I will give you rest
 3. He does not desire the death of the sinner but that he returns.
(wars, death, economy, layoffs, etc..)
2. To encourage me in my spiritual life. At the moment you don't expect it.

What is comfort?

Knowing and feeling that God is Carrying me and Caring for me.

Comfort: Does not mean that tribulation will go away
No comfort without tribulation. No Joy without Resurrection.

Only God can give me real comfort.

Ex: castle/RV

How Does he comfort us?

"As one who is mother comforts, so I will comfort you"

Isaiah 66:13 (boy in car)



3 Ways that God Comfort Us:

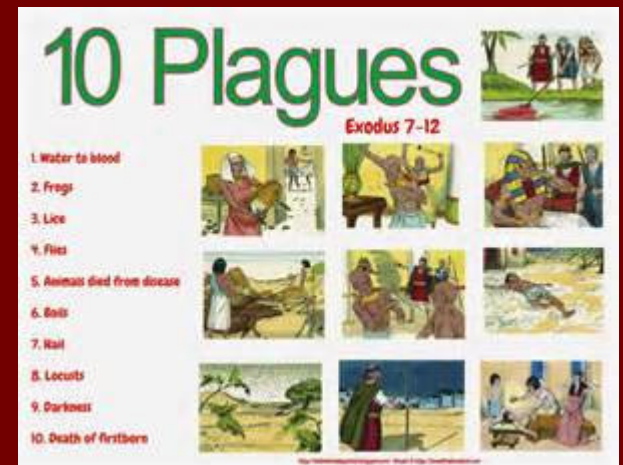
a. Through His **STRONG** hand

Now you shall see what I will do to Pharaoh. For with a strong hand he will let them go, and with a strong hand he will drive them out of his land.”

(depressed/oppressed/Cried out)

What do we say in the 2nd Hoas?

St. Athansious and Arius



b: Through his helping hand:

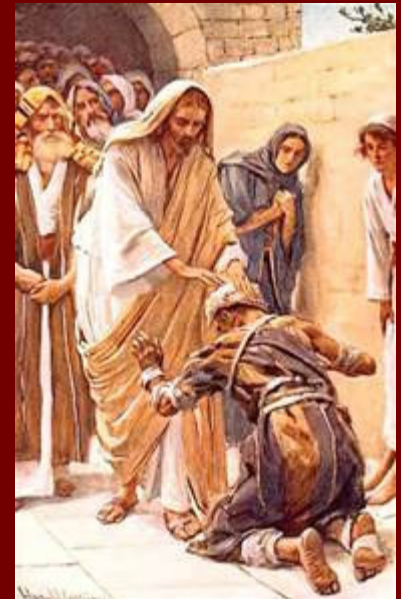
My help *comes* from the Lord, Who made
heaven and earth. Psalm 121:2

²² My God sent His angel and shut the lions' mouths, so that they have not hurt me, because I was found innocent before Him; and also, O king, I have done no wrong before you."



b: **Through his Gentle hand:**

- “When he saw Jesus, he fell with his face to the ground and begged him, “Lord, if you are willing, you can make me clean.”
- ¹³ Jesus reached out his hand and touched the man. “I am willing,” he said. “Be clean!”
- Why did Jesus touch him?????



- Examples in Bible of great reasons to stress:
Abraham: who was asked to sacrifice his son.

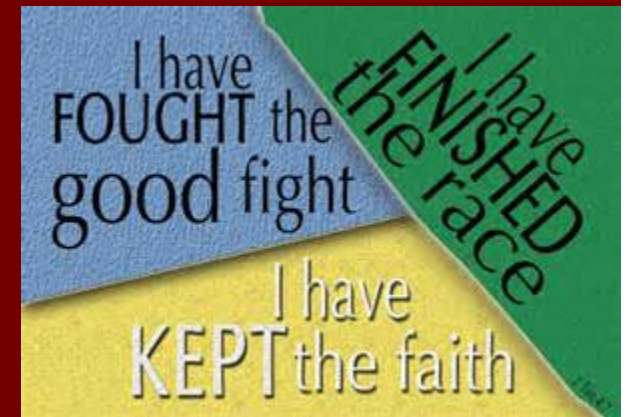


Job: Who went thru all the sufferings
St. Peter/St. Steven (waves/heaven)



St. Peter in prison:
What did St. Paul say on July 11???

What will we say on our death bed???



■ Step 1:

Let God know your request:

⁶ Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; ⁷ and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. (Phillippians 4:6-7)

Always Remember:

“Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.

■ Someone might say:

God knows my problems, why pray???

1. It help us know what are our requests/needs.
2. Helps in communication/establishing a relationship with God.

Step 2:

Learn to Accept.

It might happen or not

Ex: The prayer of Elizabeth/Zachariah/St. Monica

Ex: St. Paul's Thorns

"My grace is sufficient for you, for my power is made perfect in weakness."

■ God's grace was enough for him; His Strength was enough for his weakness.

- In Conclusion:
 - Stress will always be around us.
 - Only God can comfort us.
 - Pray and Put your Trust in God.
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- Glory to God forever.....