

# BETHESDA TEMPLE SCHOOL OF KNOWLEDGE

## BETTER LIVING THROUGH GOD'S WORD!

### Session Two

#### Joshua 1:8

“This book of the law shall not depart out of thy mouth; but thou shalt **meditate** therein **day** and **night**, that thou mayest observe to **do** according to all that is written therein: for **then** thou shalt make thy way **prosperous**, and then thou shalt have **good success**.”

Because the Bible teaches a holistic approach to successful living...we will, in this series, examine spiritual answers and principles for “real life” issues.

Today we start this series in earnest by examining:

#### God's Word For Stress!

Can the Bible really show us how to deal with our stress, regardless of our situation?

Philippians 4:11

In this session I am going to ask a series of questions concerning stress and then answer them through God's Word.

#### 1. Why do I have to endure stressful trials?

A. They purchase partnership with Jesus

1 Peter 4:12-13

B. They are for our growth

James 1:2-4

1 Peter 5:10

#### 2 Does God show us how to reduce stress?

Philippians 4:8

### **3. Can God help me when I feel overwhelmed?**

Psalm 61:1-3

Luke 1:37

Ephesians 3:20

Even if **we** can't change something, God can!

### **4. What about when I've reached my limit?**

1 Corinthians 10:13

But what if God makes me stay in the trial?

A. He has limited the power of the trial.

Job 1:7-12

B. He will give you strength to handle it.

Luke 22:41-43

Romans 8:32

### **5. Can I really find peace in trials ?**

A. Let it act as our arbitrator.

Colossians 3:15 (***brabeuo*** – an arbitrator...a governor.)

B. Give God your stressors

Philippians 4:6-7

1 Peter 5:7

### **Practical Guidelines For Coping With Stress**

1. Learn to say “No.”
2. Shorten your “to do” lists to only what is necessary.
3. Learn what is really important and set those things as priorities.
4. Learn to delegate to others when you can
5. Do not say or do things that consistently irritate people. Know when to be tactful and respectful about certain things.
6. Express your feelings instead of bottling them up. If someone is bothering you, communicate it in an open but respectful way.
7. Be willing to compromise your wishes (not your values) if compromise will help solve the problem.
8. Look at the big picture. Get things in perspective.
9. Connect with positive people.
10. Set aside rest and relaxation time in your schedule.
11. Make time for leisure activities that you enjoy.