

# Lifequakes

STAYING SANE IN STRESSFUL TIMES

## LESSON 15 // TACKLING STRESS AND TENSION (BEFORE IT TACKLES YOU!)—PART 1

**Big Idea:** Some storms in life are sudden and violent—unexpected “lifequakes.” Other storms are more like a slow erosion, subtly and quietly eating away at the foundation of our faith, trust and peace. Stress and tension are like this slow and subtle storm. We all have some of this in our lives and in order to navigate these well, it’s important to understand, first of all, that the right amount stress and tension is actually good for you.

**Matthew 8:25-26 (NLT)** *The disciples went and woke him up, shouting, “Lord, save us! We’re going to drown!” 26 Jesus responded, “Why are you afraid? You have so little faith!” Then he got up and rebuked the wind and waves, and suddenly there was a great calm.*

**Luke 10:38-40 (NIV)** *As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. 39 She had a sister called Mary, who sat at the Lord’s feet listening to what he said. 40 But Martha was distracted by all the preparations that had to be made. She came to him and asked, “Lord, don’t you care that my sister has left me to do the work by myself? Tell her to help me!”*

**2 Corinthians 4:7-9 (NIV)** *But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. 8 We are hard pressed on every side, but not crushed; perplexed, but not in despair; 9 persecuted, but not abandoned; struck down, but not destroyed.*

**Psalms 118:5-6 (NLT)** *In my distress I prayed to the Lord, and the Lord answered me and set me free. 6 The Lord is for me, so I will have no fear. What can mere people do to me?*

### Start Talking:

What helps you deal with stress and tension? What are some things that work for you?

### Start Thinking:

**Read Matthew 8:25-26.** What do you learn from these verses about responding to stress and tension as a disciple of Jesus?

**Read Luke 10:38-40.** What tension do you see in this interaction between Jesus, Martha and Mary? How do tensions affect decisions we need to make?

**Read 2 Corinthians 4:7-9.** Why is it important to embrace stress and tension as part of life—including a life of following and serving Jesus?

**Read Psalms 118:5-6.** What does it mean that the Lord is “for you”? What difference should this make when you feel that some people are “against you”?

### Start Praying and Doing:

Everybody experiences some stress and tension. Pray for God to grant you the grace and wisdom to embrace this reality in your life. Look for opportunities this week to apply this and wisely navigate stressful situations with a godly perspective and attitude.