

# Lifequakes

STAYING SANE IN STRESSFUL TIMES

## LESSON 16 // TACKLING STRESS AND TENSION (BEFORE IT TACKLES YOU!)—PART 2

**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. Then we need to manage well the tensions we experience.

**Luke 10:41-42 (NIV)** “Martha, Martha,” the Lord answered, “you are worried and upset about many things, 42 but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.”

**Proverbs 19:21 (CEV)** We may make a lot of plans, but the Lord will do what he has decided.

**Psalms 103:14 (AMP)** For He knows our [mortal] frame; He remembers that we are [merely] dust.

**Luke 14:28-29 (NLT)** But don’t begin until you count the cost. For who would begin construction of a building without first calculating the cost to see if there is enough money to finish it? 29 Otherwise, you might complete only the foundation before running out of money, and then everyone would laugh at you

**Philippians 4:13 (NLT)** For I can do everything through Christ, who gives me strength.

### Start Talking:

How well do you manage the tension between work and rest in your life?

### Start Thinking:

**Read Luke 10:38-42.** Why was Mary’s choice “better” in the midst of the tension she faced? How does this speak to you about managing tensions in your life?

**Read Proverbs 19:21, Psalms 103:14.** In what ways is it wise to have goals but also recognize realities, limitations and God’s sovereignty over all?

**Read Luke 14:28-29.** Why is it so important to apply both practical wisdom and faith in making decisions?

**Read Philippians 4:13.** How can the tension of humility and confidence work together for good in our lives as followers of Jesus?

### Start Praying and Doing:

Pray for God to help you manage well the tensions you face in ways that honor Him. Look for opportunities this week to apply His wisdom in choices you make. Choose humility *and* confidence in Christ. Choose love *and* truth. Choose common sense *and* faith in God’s promises. Choose to work hard *and* rest well in Christ. Choose to think through *and* worship through the challenges.