

Lifequakes

STAYING SANE IN STRESSFUL TIMES

LESSON 17 // TACKLING STRESS AND TENSION (BEFORE IT TACKLES YOU!)—PART 3

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 you need to manage well the tensions and stress you experience.

2 Corinthians 1:9-10 (NLT) *In fact, we expected to die. But as a result, we stopped relying on ourselves and learned to rely only on God, who raises the dead. 10 And he did rescue us from mortal danger, and he will rescue us again. We have placed our confidence in him, and he will continue to rescue us.*

2 Timothy 2:13 (TLB) *Even when we are too weak to have any faith left, he remains faithful to us and will help us, for he cannot disown us who are part of himself, and he will always carry out his promises to us.*

Isaiah 26:3-4 (NLT) *You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you! 4 Trust in the LORD always, for the LORD GOD is the eternal Rock.*

Philippians 4:6 (NLT) *Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.*

Romans 8:28 (NLT) *And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.*

Start Talking:

What is one significant point of stress in your life right now? How can this help you grow in Christ as you deal with the stress in a godly way?

Start Thinking:

Read 2 Corinthians 1:9-10. Why is it so important to interrupt your negative thinking as part of managing stress well?

Read 2 Timothy 2:13 and Isaiah 26:3-4. How can recalling God’s faithfulness and promises help you deal with stress?

Read Philippians 4:6-7. In what ways does prayer counteract worry and stress?

Read Romans 8:28. Why is it valuable to believe that there’s purpose in every problem? How can this shape your thinking and your ability to manage stress?

Start Praying and Doing:

Pray for God to help you see that there really is a purpose in every problem and to change your thinking in a way that lines up with this reality. Note this week the impact this has when you face problems with this perspective of faith and confidence in the Lord. Write down any lessons you learn from processing your stress in this way.