

Jesus Knows Your Stress (John 18:19-40)

Pastor Deric

(19) The high priest then questioned Jesus about his disciples and his teaching. (20) Jesus answered him, "I have spoken openly to the world. I have always taught in synagogues and in the temple, where all Jews come together. I have said nothing in secret. (21) Why do you ask me? Ask those who have heard me what I said to them; they know what I said."

(22) When he had said these things, one of the officers standing by struck Jesus with his hand, saying, "Is that how you answer the high priest?" (23) Jesus answered him, "If what I said is wrong, bear witness about the wrong; but if what I said is right, why do you strike me?" (24) Annas then sent him bound to Caiaphas the high priest.

(25) Now Simon Peter was standing and warming himself. So they said to him, "You also are not one of his disciples, are you?" He denied it and said, "I am not." (26) One of the servants of the high priest, a relative of the man whose ear Peter had cut off, asked, "Did I not see you in the garden with him?" (27) Peter again denied it, and at once a rooster crowed.

(28) Then they led Jesus from the house of Caiaphas to the governor's headquarters. It was early morning. They themselves did not enter the governor's headquarters, so that they would not be defiled, but could eat the Passover. (29) So Pilate went outside to them and said, "What accusation do you bring against this man?" (30) They answered him, "If this man were not doing evil, we would not have delivered him over to you." (31) Pilate said to them, "Take him yourselves and judge him by your own law." The Jews said to him, "It is not lawful for us to put anyone to death." (32) This was to fulfill the word that Jesus had spoken to show by what kind of death he was going to die.

(33) So Pilate entered his headquarters again and called Jesus and said to him, "Are you the King of the Jews?" (34) Jesus answered, "Do you say this of your own accord, or did others say it to you about me?" (35) Pilate answered, "Am I a Jew? Your own nation and the chief priests have delivered you over to me. What have you done?" (36) Jesus answered, "My kingdom is not of this world. If my kingdom were of this world, my servants would have been fighting, that I might not be delivered over to the Jews. But my kingdom is not from the world." (37) Then Pilate said to him, "So you are a king?" Jesus answered, "You say that I am a king. For this purpose I was born and for this purpose I have come into the world--to bear witness to the truth. Everyone who is of the truth listens to my voice." (38) Pilate said to him, "What is truth?..."

(38)....After he had said this, he went back outside to the Jews and told them, "I find no guilt in him. (39) But you have a custom that I should release one man for you at the Passover. So do you want me to release to you the King of the Jews?" (40) They cried out again, "Not this man, but Barabbas!" Now Barabbas was a robber.

Practical Application

1. Jesus is the paster, priest, connector, intercessor, and sacrificer you need most. He can help you with stress like no-one else.
2. Being sinfully spoken to, accused, or questioned by others can be a significant cause of stress. Jesus knows.
3. Power can be used for good, but in the wrong hands it can cause harm. The abuse of power can cause stress. Jesus knows.
4. Stress is a normal reaction to everyday pressures, but can become unhealthy when it upsets your day-to-day functioning. Stress involves changes affecting nearly every system of the body, influencing how people feel and behave (APA).
5. Stress can be defined as a state of worry or mental tension caused by a difficult situation. Stress is a natural human response that prompts us to address challenges and threats in our lives. Everyone experiences stress to some degree. The way we respond to stress, however, makes a big difference to our overall well-being (WHO).
6. Listening to and following the teachings of Jesus will prepare you for stress, help you with stress, free you from unhealthy stress, and empower you to live and love amidst stress.
7. By God's grace and power you can grow stronger and be able to handle more stress for good God glorifying purposes.
8. Living a life of Christ-like and Christ-enabled honesty, integrity, and virtue minimizes unnecessary stress.
9. Physical violence and abuse causes stress. It can even cause traumatic stress (PTSD). Jesus knows. Jesus can heal.
10. Injustice toward you can cause stress. Jesus knows. Look to Him. Run to Him. Rest in Him.
11. Jesus was beaten so you could be saved, healed, and safe forever.
12. Stress can influence us to do and say things we might not normally do and say. Jesus knows. Jesus is patient. Jesus can forgive.
13. Jesus can change & warm your heart in such a way that you can face stress & challenges head on by His love, power, & truth.
14. Stress can influence even the greatest men and women negatively. Jesus knows. Jesus endured. Jesus overcame. You too can be an overcomer through Christ.
15. Some people will regularly remind you of your sin, shame, and guilt. But Jesus will forgive and forget your sin, cover your shame, take your guilt, grant you honor, and declare you innocent.
16. In Christ and through Christ you do not have to be controlled by sin, sinful people, your own sin nature, satan, or anything else. Jesus is LORD. If He is your LORD and Savior you have been set free.

17. If you are led by God you never have to be misled by anyone else. Jesus knows. You can trust God no matter your stress.
18. Some stress is out of your control, some stress can be the result of the bad choices of others, and some stress can be a result of bad choices we make ourselves. Jesus can handle and deal with them all. No matter the cause of your stress He is the solution.
19. Lack of sleep can add to your stress. Healthy sleep patterns, good diet, physical activity/exercise, and healthy relationships can minimize harmful stress. God made you both body and soul. He cares for you holistically.
20. Religious hypocrisy can cause stress for you and others. But a relationship with God is the ultimate solution to stress and all its negative effects. Jesus knows.
21. The thought and reality of death can be stressful. Jesus' death is the solution to our death, and His victory over death in the resurrection verifies that fact. Jesus knows the stress of death and has overcome it for you. Jesus knows.
22. The stress of betrayal, abandonment, rejection, a loneliness can be overwhelming. Jesus knows. Jesus is with you. Jesus will never betray, abandon, reject, leave, or forsake you. His love is unconditional.
23. There is nowhere on this earth you can go that can get you away from stress. But there is a King and Kingdom that you can know and be a part of that will enable you to use stress positively for your good, the good of others, and God's glory.
24. You were created to be a part of the Kingdom of God. The King knows your stress. Surrender fully to Him and live for His kingdom above all.
25. You can live for God's purpose no matter what stress comes. He has a purpose for your life that stress can't stop.
26. Bear witness to the truth no matter the stress in your life. Jesus is the truth.
27. Listen to the voice of Jesus over the noise of stress.
28. Choose Jesus over sin, sinful people, and over the pursuit of a stress free life. Jesus knows your stress. There is no-one like Jesus. Love Him, trust Him, hope in Him, follow Him, identify with Him today because He identified with you.

Announcements

1. Kids Art Camp (July 17-20 from 6-8pm). For more details see our website, social media, or Tiffany Vick.
2. If you are looking for a small group to provide accountability & knowledge on your health & wellness journey, visit the Wellness Warriors Support Group from 5:45 to 6:45pm on the 1st & 3rd Tuesdays at Hope Mountain & the 2nd & 4th Tuesdays in Alabaster at UMC Restore. There is no cost and everyone is welcome. While many people are focused on weight loss, they focus on overall wellness: nutrition, exercise, healthy habits, and mindset. Visit their Facebook page "Wellness Warriors Support Group" to learn details, or text Telura Sapp 251-209-0322 or Anna Wade 205-592-8312.
3. Freedom Service this Friday, July 14th, 6:30-7:30 (Gal. 5:13-14). Join us for a night of praise and prayer!
4. Lost & Found Bin is located in the church office. Check here if you are missing anything. We have collected some nice things.