



**SEPTEMBER 27, 2020**

*Psalm 46:10 (NIV)*

*"Be still, and know that I am God . . ."*



**FOUR WAYS THE PANDEMIC IS NEGATIVELY AFFECTING PEOPLE:**

1. \_\_\_\_\_ has reached crisis levels.
2. \_\_\_\_\_ is increasing.
3. \_\_\_\_\_ are straining under new pressures.
4. \_\_\_\_\_ have deepened.

**STRESS:**

Stress is a feeling of \_\_\_\_\_ or \_\_\_\_\_ tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous. Stress is your body's reaction to a challenge or demand. In short bursts, stress can be positive, such as when it helps you avoid danger or meet a deadline. Prolonged stress can be detrimental to your health. (Medical Encyclopedia & Web MD)

**Emotional Symptoms:**

- Easily agitated, frustrated, and moody
- Feeling overwhelmed, like you are losing control or need to take control
- Having difficulty relaxing and quieting your mind
- Feeling bad about yourself (low self-esteem), lonely, worthless, and depressed
- Avoiding others

**Physical Symptoms:**

- Low energy
- Headaches
- Upset stomach,
- Aches, pains, and tense muscles (jaw/ teeth)
- Chest pain and rapid heartbeat
- Insomnia
- Loss of sexual desire and/or ability
- Nervousness

**FOUR ACTION STEPS FOR OVERCOMING STRESS & BURNOUT**

**#1 Stress affects us emotionally and physically. Often, emotional stress cannot be remedied unless you deal with the physical side of it.**

- A. The cure for physical burnout is \_\_\_\_\_ and good \_\_\_\_\_.
- If a period of prolonged rest isn't possible, try to make time for consistent \_\_\_\_\_ periods of rest.  
*Psalm 46:10 (NIV)*<sup>10</sup> *"Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."*
  - Be \_\_\_\_\_ about it!  
*Psalm 131:2 (NLT2)*<sup>2</sup> *Instead, I have calmed and quieted myself, like a weaned child who no longer cries for its mother's milk. Yes, like a weaned child is my soul within me.*
- B. Choose to disconnect \_\_\_\_\_ to find some rest.
- We are addicted to \_\_\_\_\_, which keeps our minds engaged and unable to rest.
  - In our quest to stay connected, we've become disconnected from \_\_\_\_\_.

## #2 When feeling stress, go back to the basics of your life in Christ.

A. Get into \_\_\_\_\_ every day.

*Psalm 119:104-105 (GW)* <sup>104</sup> From your guiding principles I gain understanding . . . <sup>105</sup> Your word is a lamp for my feet and a light for my path.

- You don't have to read an entire book, but you need to \_\_\_\_\_, however long that takes!

B. Spend time in \_\_\_\_\_ every day.

*Mark 1:35 (NIV)* <sup>35</sup> Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

- Set aside a \_\_\_\_\_ time to pray, and also pray throughout the day!

C. \_\_\_\_\_ with other believers.

*Hebrews 10:25 (NIV)* <sup>25</sup> Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another--and all the more as you see the Day approaching.

D. Jesus promised to reward correct \_\_\_\_\_.

*Matthew 6:33 (NIV)* <sup>33</sup> But seek **first** his kingdom and his righteousness, and all these things will be given to you as well.

## #3 Evaluate your activities and downsize by only doing what the Lord requires.

A. There are things that \_\_\_\_\_ want to do and things that \_\_\_\_\_ wants us to do.

- God is \_\_\_\_\_ to help us do the things He wants us to do.
- God is \_\_\_\_\_ to help us do the things that we want to do.
  - Sometimes we experience burnout because we are doing things God doesn't want us to be doing.
  - God uses the experience to \_\_\_\_\_ us important lessons:

B. Four things you can do to regain perspective if you are stressed and worn out.

- \_\_\_\_\_ everything that you are doing and reappraise your life and activities.
- Make a list of everything you are doing, and the \_\_\_\_\_ required for each activity.
- Look for trends or \_\_\_\_\_ among the activities you have listed.
- Ask the Lord to reveal what is truly important to Him and \_\_\_\_\_ where you need to spend more time, and what activities you need to drop.

## #4 Give God the authority to act and the responsibility for the outcome.

A. The person who has to control everything is really saying, "God, I don't think you can control this situation."

B. If I'm doing what God asks, it is now \_\_\_\_\_ responsibility.

C. If I'm doing what I want, it remains \_\_\_\_\_ responsibility.

D. Trust others to help you.

## APPLICATION:

- Take the "5 Minute Be Still Challenge" every day this week!
- Choose 1 or 2 of the Action Steps and put them into action.