

Managing Stress

Godly ways to healthily manage stress . . .

1. Know who you are.

So now you are not a slave; you are God's child, and God will give you the blessing he promised, because you are his child. Galatians 4:7 (NCV)

2. Know who you are trying to please.

Our purpose is to please God, not people. He alone examines the motives of our hearts. 1 Thessalonians 2:4b (NLT)

3. Know what's important and set your priorities accordingly.

Seek first God's kingdom and what God wants. Then all your other needs will be met as well. Matthew 6:33 (NCV)

The Master said, "Martha, dear Martha, you're fussing far too much and getting yourself worked up over nothing. One thing only is essential." Luke 10:41-42a (Message)

4. Know what you want to accomplish and don't get distracted from that.

So let's keep focused on that goal, those of us who want everything God has for us. If any of you have something else in mind, something less than total commitment, God will clear your blurred vision—you'll see it yet! Philippians 3:15 (Message)

5. Know how to delegate.

He appointed twelve that they might be with him and that he might send them out to preach. Mark 3:14 (NIV)

6. Know how to be quiet.

"Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world." Psalm 46:10 (NLT)

7. Know how to relax.

Jesus said, “Come to Me, all of you who are weary and carry heavy burdens, and I will give you rest. Take My yoke upon you. Let Me teach you, because I am humble and gentle at heart, and you will find rest for your souls.” Matthew 11:28-29 (NLT)

Talk About It

1. What are some things you like to do to relax?
2. What are some things that tend to distract you? What do you think of that?
3. How do you tend to act when you find yourself surrounded by quiet? What do you think of that?
4. What are some things that you feel stressed about right now?
5. How much of a people pleaser would you say that you are? How does that contribute to your stress? What do you think of that?
6. How would you say that the priorities you have for your life (as evidenced by the way you actually spend your time) affect your stress level?
7. How do you discern the difference between what is urgent and what is important?
8. What do you think of the idea? “Nobody can pressure me without my permission.”
9. What are some things you’ve complained about to God in the past? What do you think of that now?
10. How would you describe your identity as a child of God? How does that affect your experience of stress?