



STRESS LESS

October 18, 2020

BIG QUESTION: HOW DID JESUS MANAGE STRESS DURING HIS TIME ON EARTH?

The four areas Jesus used to manage stress are;

- 1. Get ALONE**
- 2. Get AWAY**
- 3. Get TOGETHER**
- 4. Get CONTROL**

1. GET ALONE

Mark 1:35 New International Version³⁵ 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*.

2. GET AWAY

Luke 5:15-16 New International Version¹⁵ Yet the news about him spread all the more, so that crowds of people came to hear him and to be healed of their sicknesses. ¹⁶ **But Jesus often *withdrew to lonely places and prayed*.**

Notice it says Jesus did this *often*. You need to do this often too.

3. **GET TOGETHER**

Matthew 11:19 New International Version

¹⁹ The Son of Man came *eating and drinking*, and they say, ‘Here is a glutton and a drunkard, a friend of tax collectors and sinners.’ But wisdom is proved right by her deeds.”

Matthew 26:38 (NIV), “[Jesus] said to them, “My soul is overwhelmed with sorrow to the point of death. Stay here and *keep watch* with Me.”

4. **GET CONTROL**

Matthew 4:1-2 New International Version Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. ² After fasting forty days and forty nights, he was hungry.