

Dealing With Stress

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TEXT: Proverbs 3:5-6

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5 *Trust in the Lord with all your heart, and lean not on your own understanding;*

6 *In all your ways acknowledge Him, and He shall direct your paths.*

Numbers 11:10-15

10 *Moses heard all the families standing in the doorways of their tents whining, and the Lord became extremely angry. Moses was also very aggravated.*

11 *And Moses said to the Lord, “Why are you treating me, your servant, so harshly? Have mercy on me! What did I do to deserve the burden of all these people?”*

12 *Did I give birth to them? Did I bring them into the world? Why did you tell me to carry them in my arms like a mother carries a nursing baby? How can I carry them to the land you swore to give their ancestors?”*

13 *Where am I supposed to get meat for all these people? They keep whining to me, saying, ‘Give us meat to eat!’*

14 *I can’t carry all these people by myself! The load is far too heavy!*

15 *If this is how you intend to treat me, just go ahead, and kill me. Do me a favor and spare me this misery!” (NLT)*

Numbers 11:16-17

16 *Then the Lord said to Moses, “Gather before me seventy men who are recognized as elders and leaders of Israel. Bring them to the Tabernacle to stand there with you.*

17 *I will come down and talk to you there. I will take some of the Spirit that is upon you, and I will put the Spirit upon them also. They will bear the burden of the people along with you, so you will not have to carry it alone. (NLT)*

**LETTER A: Stress is the result of carrying _____
_____ in your life.**

**LETTER B: God doesn't expect _____ to carry the _____
_____ by _____. No one person can do
_____.**

**LETTER C: We are all _____ by the _____ Spirit. That is a
source of _____ in the Church. "We are _____ in the Holy
Spirit."**

Luke 10:38-42

38 *As Jesus and the disciples continued on their way to Jerusalem, they came to a certain village where a woman named Martha welcomed him into her home.*

39 *Her sister, Mary, sat at the Lord's feet, listening to what he taught.*

40 *But Martha was distracted by the big dinner she was preparing. She came to Jesus and said, "Lord, doesn't it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me."*

41 *But the Lord said to her, "My dear Martha, you are worried and upset over all these details!*

42 *There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her."*

Martha's Three Assumptions

**ASSUMPTION #1: She assumed Jesus _____ her
efforts: "Lord, doesn't it seem unfair to you ..."**

**ASSUMPTION #2: She assumed Mary was _____ for her stress: "...
my sister just sits here while I do all the work ..."**

ASSUMPTION #3: She assumed Jesus wanted Mary to _____ what _____ was _____: *“Tell her to come and help me.”*

John 17:4

4 *I have glorified You on the earth. I have finished the work which You have given Me to do.*

Three Requirements and One Result of Stress-Free Living (Proverbs 3:5-6)

REQUIREMENT #1: Handling stress requires _____

God: *“Trust in the Lord with all your heart.”*

REQUIREMENT #2: Handling stress requires not _____ on our

_____ : *“... and lean not on your own understanding ...”*

REQUIREMENT #3: Handling stress requires _____ God in

_____ : *“In all your ways acknowledge Him ...”*

RESULT: Handling stress results in _____ : *“He shall direct your paths.”*

Hebrews 12:1-2

1 *... and let us run with patience the race that is set before us,*

2 *looking unto Jesus the author and finisher of our faith ...*