



**HOW TO
HANDLE
STRESS**

**SEPTEMBER BIBLE
STUDY SERIES**



**“It’s not the load that breaks
you down, it’s the way you
carry it.”**





**Psalm 4:8 – “I will both lie down
and sleep in peace, for You alone,
LORD, make me live in safety.”**





Stress out of control is dangerous for the Christian. Therefore, we must learn to overcome it.





WHAT IS STRESS?





Stress is “strain, pressure, force exerted upon the body that tends to strain or deform its shape.”





**Stress is the result of demands
made upon the body.**





**Stress is the wear and tear of
life.**





**Long term stress may kill us.
Short-term stress is a normal
function.**





**YOU CAN'T DO
IT ALL
LESSON ONE**





Exodus 18:13-23

Scripture Lesson

Jethro and Moses





¹³ The next day Moses took his seat to serve as judge for the people, and they stood around him from morning till evening. ¹⁴ When his father-in-law saw all that Moses was doing for the people, he said, “What is this you are doing for the people? Why do you alone sit as judge, while all these people stand around you from morning till evening?”





¹⁵ Moses answered him, “Because the people come to me to seek God’s will. ¹⁶ Whenever they have a dispute, it is brought to me, and I decide between the parties and inform them of God’s decrees and instructions.” ¹⁷ Moses’ father-in-law replied, “What you are doing is not good. ¹⁸ You and these people who come to you will only wear yourselves out. The work is too heavy for you; you cannot handle it alone.



- **Listen now to me and I will give you some advice, and may God be with you. You must be the people's representative before God and bring their disputes to him. ²⁰ Teach them his decrees and instructions and show them the way they are to live and how they are to behave. ²¹ But select capable men from all the people—men who fear God, trustworthy men who hate dishonest gain—and appoint them as officials over thousands, hundreds, fifties and tens.**





22 Have them serve as judges for the people at all times but have them bring every difficult case to you; the simple cases they can decide themselves. That will make your load lighter, because they will share it with you. 23 If you do this and God so commands, you will be able to stand the strain, and all these people will go home satisfied.”





**“If you want a job done
right...do it yourself.”**





“If you want something done right, find someone gifted, called, and able to do it – and ask them!”





Jethro's advice offered a solution that would make life better for Moses, his family, and for the people he was leading.





**“It’s not just what you
say...it’s how you say it.”**





**You cannot burn the candle at
both ends without getting
trapped in the middle.**





Our task is not to make and keep people dependent upon us, but to equip and empower others to increasing levels of responsibility and freedom.





CLARIFY PRIORITIES

WHAT ARE OUR PRIORITIES?





**“If you don’t make up your
mind then your unmade mind
will unmake you.”**





Purpose gives us energy. A purpose-filled life is one of energy, meaning and significance, but it requires discipline and sustained effort.





- 1. Think realistically about their situation.**
- 2. Do things in order of importance.**





“People change only when they hurt enough, they have to. They learn enough they want to. They receive enough they are able to.”





Wise Counsel

Scripture References





**Proverbs 19:20 (AMP), Hear
counsel, receive instruction, and
accept correction, that you may be
wise in the time to come.**





Proverbs 15: 31-33 (NLT), If you listen to constructive criticism, you will be at home among the wise. If you reject discipline, you only harm yourself; but if you listen to correction, you grow in understanding. Fear of the Lord teaches wisdom; humility precedes honor.





**Proverbs 13:10 (NCV), Pride only
leads to arguments, but those who
take advice are wise.**





**“Many receive advice but
only the wise profit from it.”**





Q & A Bible Study Follow Up / Thoughts and Comments

1. What stresses are you experiencing?
2. What information in tonight's lesson was helpful in dealing with stress?
3. What is your response to the two mantras below?
 - *“If you want a job done right...do it yourself.”*
 - *“If you want something done right, find someone gifted, called, and able to do it – and ask them!”*
4. What are your priorities in life? If you had to name them, what would they be?

