



HOW TO HANDLE STRESS



**SEPTEMBER BIBLE
STUDY SERIES**



H O W T O H A N D L E S T R E S S



**JESUS AND STRESS
LESSON TWO**



“Much of the stress that people feel doesn’t come from having too much to do. It comes from not finishing what they’ve started.”





WHAT IS STRESS?





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





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



○ **S= Shocking moments in our life.**

T=Traumatic events that occur to our life.

R=Repetitious pressure from something in our life.

E=Errors that we make cause stress.

S=Strain from succeeding and striving through life.

S=Sales relates to money-financial pressures.





Two Reasons Why We Find Ourselves in Stressful Situations:





- 1. We Do It to Ourselves.**
- 2. We Think That Busy Is Better.**





- **49% - Money was their biggest stress factor.**
- **22% - Family Responsibilities were their greatest stress factor.**
- **22% - Work Deadlines were their greatest stress factor.**
- **7% - Commuting was their greatest stress factor.**





H O W T O H A N D L E S T R E S S



**JESUS AND STRESS
LESSON TWO**

- **Jesus had Stressful Situations:**
 - **Attacked by Religious Leaders**
 - **Large Crowds**
 - **Everyone wanted Healing**
 - **His Betrayal**
 - **His Crucifixion**





Scripture Lesson
Matthew 26:36-44 (NIV)




- **³⁶Then Jesus went with His disciples to a place called Gethsemane, and He said to them, "Sit here while I go over there and pray." ³⁷He took Peter and the two sons of Zebedee along with Him, and He began to be sorrowful and troubled. ³⁸Then He said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with Me." ³⁹Going a little farther, He fell with His face to the ground and prayed, "My Father, if it is possible, may this cup be taken from Me. Yet not as I will, but as You will."**





40Then He returned to His disciples and found them sleeping. "Couldn't you men keep watch with Me for one hour?" He asked Peter. **41**"Watch and pray so that you will not fall into temptation. The Spirit is willing, but the flesh is weak." **42**He went away a second time and prayed, "My Father, if it is not possible for this cup to be taken away unless I drink it, may Your will be done." **43**When He came back, He again found them sleeping, because their eyes were heavy. **44**So He left them and went away once more and prayed the third time, saying the same thing.





Scripture Lesson

Luke 22:42-44



- **“Father, if you are willing, take this cup from Me; yet not My will, but Yours be done.” An angel from heaven appeared to Him and strengthened Him. And being in anguish, He prayed more earnestly, and his sweat was like drops of blood falling to the ground.**





THREE WAYS JESUS HANDLED STRESSFUL SITUATIONS:





1. HE SOUGHT SOLITUDE TO PRAY

Matthew 26:36





³⁶Then Jesus went with His disciples to a place called Gethsemane, and He said to them, "Sit here while I go over there and pray."

Matthew 26:36





Solitude is the state of being alone, is often considered one of the traditional spiritual disciplines.





**Psalm 46:10, “Be still, and
know that I am God.”**





**“Solitude is the soul’s
holiday.”**





“The best thinking has been done in solitude. The worst has been done in turmoil.”





**2. HE CHOSE THREE TO WALK
WITH HIM
Matthew 26:37**





37 He took Peter and the two sons of Zebedee along with Him, and He began to be sorrowful and troubled.

Matthew 26:37





**“Sometimes your circle
decreases in size but increase
in value.”**





“Do not be surprised if your growth makes your circle smaller.”





**“You cannot change the people
around you, but you can change
the people you choose to be
around you.”**





Only God Can Replenish Us.
Psalm 23





**3. HE CHOSE TO SUBMIT HIS WILL
TO THE FATHER'S WILL
Matthew 26:42**





Matthew 26:42, Going a little farther, he fell with his face to the ground and prayed, “My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will.”





“Let God have your life; He can do more with it than you can.”





“God is ready to assume full responsibility for the life wholly yielded to Him.”





**WE CAN LOOK AT STRESS IN
THREE WAYS
THREE A'S:**





1. “Can I Avoid This
Stress?”





2. “Can We Alter Our Stress Level?”





3. “Do I Have to Accept This Stressor?”





We Need to Pray!

Luke 18:1





Seven Secrets of Stress Management Jesus Consistently Demonstrated:





- 1. Identification: Jesus knew who He was.**
- 2. Motivation: Jesus knew what He was living for.**
- 3. Vocation: Jesus understood His calling.**
- 4. Concentration: Jesus knew what mattered most.**
- 5. Meditation: Jesus listened to God.**
- 6. Collaboration: Jesus had a small group.**
- 7. Recreation: Jesus took time to recharge.**





Discussion Questions:

- 1. Why do you think it is important for you to practice the spiritual discipline of solitude?**
- 2. What is your response to the Three A's of Stress mentioned in tonight's lesson?**
- 3. Of the seven characteristics of Jesus described, which one represents the area where you need the most growth?**

