



# **HOW TO HANDLE STRESS**



**SEPTEMBER BIBLE  
STUDY SERIES**



**STRESS MANAGEMENT**  
**TAKING JESUS' YOKE**

**LESSON THREE**





**“Stress is like spice – in the right proportion it enhances the flavor of a dish. Too little produces a bland, dull meal; too much may choke you.”**



- **2 Timothy 3:1-5, “But know this, that in the last days perilous times will come: For men will be lovers of themselves, lovers of money, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, unloving, unforgiving, slanderers, without self-control, brutal, despisers of good, traitors, headstrong, haughty, lovers of pleasure rather than lovers of God, having a form of godliness but denying its power.”**





**“Perilous” is defined as dangerous, treacherous, or violent. “Perilous times” can also mean “times of stress.”**





# EXAMPLES OF PERSONAL STRESS STORIES





**"At the moment, the most stressful things for me are dealing with my health issues, paying bills and feeling worthless because I can no longer do what I used to do..."**





**"I tend to worry over a matter. What if this happens or what if that happens, or how can I solve this? So, I worry over problems—real or not real: the job status, money, my anger that comes at times."**





**"I take on things that I feel I can't handle. I do not know how to say 'no' and say, 'That's too much for me right now.' I stress over everything!"**





**"It is extremely hard for me to not be able to please everyone. So, this causes stress in my life."**





**LESSON THREE:**  
**STRESS MANAGEMENT**  
**TAKING JESUS' YOKE**





# Scripture Lesson:

## Matthew 11:28-30





**Come to Me, all *you* who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke *is* easy and My burden is light.”**





**COME UNTO ME...**





**Jesus assures us that if we will  
come to Him, He will give us  
rest.**





**Just as we cannot serve two  
masters, we cannot wear two  
yokes.**





**Matthew 6:24, No man can serve two masters: for either he will hate the one and love the other; or else, he will hold to the one, and despise the other, Ye cannot serve God and mammon.**





**To take on His yoke, we must  
first take off any other yoke.**





**A yoke is a wooden harness placed on the neck of two or more farm animals to cause them to plow in a singular direction. A device that controls direction.**





**How can we tell if we are  
wearing Christ's yoke?**





**If you are feeling stressed,  
weighted down by a heavy burden,  
you have taken on the wrong yoke!**





**II Corinthians 6:14-16, Be ye not unequally yoked together with unbelievers: for what fellowship hath righteousness with unrighteousness? and what communion hath light with darkness? And what concord hath Christ with Belial? or what part hath he that believeth with an infidel? And what agreement hath the temple of God with idols? for ye are the temple of the living God; as God hath said, I will dwell in them, and walk in them; and I will be their God, and they shall be my people.**





**There's peace in not having to figure life out on our own.**





**A YOKE SYMBOLIZES TWO  
THINGS:**





# 1. Partnership

**Jesus is saying let me shoulder the burden with you.**





## 2. Control

**A yoke is a guidance mechanism  
for your life.**





# GENTLE AND LOWLY IN HEART (Humility)





**What does humility have to do  
with feeling stressed?**





**The time you spend with God  
should be your priority.**





**Stress occurs when there is a mismatch between the things we want to do and the time available to do them.**





**SIMPLIFY YOUR LIFE**





**We must accept that not only is our  
time limited, so also is our energy  
and stamina.**





**We must find a comfortable pace in our lives, so we do not "burn out."**





**Matthew 6:20-21, Lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also.**





**YOU SHALL FIND REST...**





**Why is it advantageous for us  
to put on Christ's yoke early in  
life, rather than late?**





**“Do not let your mind bully your body into believing it must carry the burden of its worries.”**





**Think of a stressful and trying time in your life. How did you respond to that stress? How did the situation affect other areas of your life? Were you ever able to “share the yoke” with Christ?**

- What are some of the things we are burdened with in our lives today?**
- To what or whom do you turn when you are weary, burdened or stressed?**
- How do you turn to Jesus in a way that is personal and meaningful?**
- How do you feel when you turn to Him?**

