



HOW TO HANDLE STRESS



**SEPTEMBER BIBLE
STUDY SERIES**



**MAINTAINING A CALM
SPIRIT IN EXTREME
STRESS**

LESSON FOUR





“People who can ride through the toughest issues of life and remain calm are not indifferent; they are just trusting God.”





Stress reveals character.





**How do we maintain a
calm spirit in extreme
stress?**





Four Foundational Ways To Keep Calm:





1. PAUSE

(a temporary stop in action or speech)





Scripture Lesson
John 8:4-8 (NKJV)





They said to Him, “Teacher, this woman was caught in adultery, in the very act. ⁵ Now Moses, in the law, commanded us that such should be stoned. But what do You say?” ⁶ This they said, testing Him, that they might have *something* of which to accuse Him. But Jesus stooped down and wrote on the ground with *His* finger, as though He did not hear.





⁷ So when they continued asking Him, He raised Himself up and said to them, “He who is without sin among you, let him throw a stone at her first.” ⁸ And again He stooped down and wrote on the ground.





In overcoming stress, we need to pause sometimes. We do not have to always respond right away.





**Recognizing our own
human limits can help in
overcoming stress.**





**“Sometimes you need to press
pause to let everything sink in.”**





**“Practice the pause. When in doubt,
pause. When angry, pause. When
tired, pause. When stressed, pause.
And when you pause, pray.”**





2. PERSPECTIVE IN PRAYER

(to think about a situation or problem in
a wise and reasonable way)





Scripture Lesson

II Chronicles 20:3-12 (NKJV)



- **³ And Jehoshaphat feared, and set [c]himself to seek the LORD AND proclaimed a fast throughout all Judah. ⁴ So Judah gathered to ask *help* from the LORD; and from all the cities of Judah they came to seek the LORD. ⁵ Then Jehoshaphat stood in the assembly of Judah and Jerusalem, in the house of the LORD, before the new court, ⁶ and said: “O LORD God of our fathers, *are* You not God in heaven, and do You *not* rule over all the kingdoms of the nations, and in Your hand *is there not* power and might, so that no one is able to withstand You?**





⁷ Are You not our God, *who* drove out the inhabitants of this land before Your people Israel, and gave it to the descendants of Abraham Your friend forever? And now, here are the people of Ammon, Moab, and Mount Seir—whom You would not let Israel invade when they came out of the land of Egypt, but they turned from them and did not destroy them—





¹¹ here they are, rewarding us by coming to throw us out of Your possession which You have given us to inherit. ¹² O our God, will You not judge them? For we have no power against this great multitude that is coming against us; nor do we know what to do, but our eyes *are* upon You.”





Do not be in a hurry to get to the problem. Take time to focus on the greatness of God.





Psalm 23 is an excellent example of calmness and overcoming stress under extreme pressure.





3. PRAISE

The word praise is defined generally as an ascription of value or worth.





Scripture Lesson

Psalm 100:4-5





**Enter His gates with thanksgiving,
and into His courts with praise. Be
thankful to Him and bless His name.
For the Lord is good; His mercy is
everlasting, and His truth endures to
all generations."**





Therefore, by Him let us continually offer the sacrifice of praise to God, that is, the fruit of our lips, giving thanks to His name." Heb. 13:15



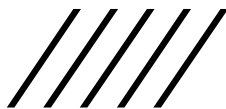


**When we are under stress, we need to
spend time praising God.
You cannot praise God and be troubled
and worried at the same time!**





Reference Scripture: Job 1:20-22, "Then Job arose and tore his robe and shaved his head, and he fell to the ground and worshipped. And he said: Naked I came from my mother's womb, and naked shall I return there. The Lord gave, and the Lord has taken away; blessed be the name of the Lord. In all this Job did not sin nor charge God with wrong."





**Praising and worshipping God during
our stress may not change our
situation, but it will change us for the
better.**





4. PATIENCE

(A calm temper which bears evils without murmuring or discontent).





Scripture Lesson
Isaiah 40:31





"But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint."





Waiting on God should be a habit, it is how we learn to know God.





**BUILDING A STRONG RELATIONSHIP
WITH GOD ENABLES US TO STAY
CALM IN STRESSFUL SITUATIONS.**





FIVE THINGS YOU SHOULD CONSIDER TO REMAIN CALM IN EXTREME STRESS:





1. Remember, God's Presence Calms Us Down.





Psalm 94:19, Whenever my busy thoughts were out of control, the soothing comfort of your presence calmed me down and overwhelmed me with delight.

Psalm 107:29, God stilled the storm, calmed the waves, and he hushed the hurricane winds to only a whisper.





If our hearts tend to be full of anxiety, fear, and stress, we need to look at the quality of our relationship with God





2. Remember, God Gives Us the Ability to Silence Strife





Proverbs 15:18, A touchy, hot-tempered man picks a fight, but the calm, patient man knows how to silence strife.





**Silencing strife means having the
patience and understanding to
resolve it.**





3. Remember, Learn to Stay Calm Under Pressure.





**Proverbs 17:27, He who has
knowledge spares his words, *and* a
man of understanding is of a calm
spirit.**





4. Remember, Your Faith in God Brings Instant Calm.





Matthew 8:26, But Jesus reprimanded them. “Why are you gripped with fear? Where is your faith?” Then He stood up and rebuked the storm and said, “Be still!” And instantly it became perfectly calm.





5. Remember, Prayer Hushes Hurricanes of Emotion.





**Psalm 61:1-2, Hear my cry, O God;
Attend to my prayer. From the end
of the earth I will cry to You, when
my heart is overwhelmed; Lead me
to the rock that is higher than I.**





**“God judges your prayers
neither by its length nor its
volume. But He does look at
the heart behind the words.”**





Bible Study Follow-up Questions

- 1. Does your relationship with God calm you down?**
- 2. Do you calm storms of strife around you? Or do you create strife by being touchy and hot-tempered?**
- 3. Can people settle arguments with you in a calm way? How receptive are you to a point of view different from your own?**
- 4. How easily do you accept correction from someone else? Or let go of ways you have been wronged?**
- 5. What are some practical things you could do to guard your heart from panic and stand firm in your faith in God, even under pressure?**
- 6. Do you pour your heart out to God, or pour your emotions out on the people around you?**

