



# **HOW TO HANDLE STRESS**



**SEPTEMBER BIBLE  
STUDY SERIES**



**HOW GOD USES  
STRESS FOR OUR  
GOOD AND HIS GLORY**

**LESSON FIVE**





# Good Stress, Bad Stress, what is the Difference?





**GOOD STRESS** is known by the term **EUSTRESS**. It is a type of mild stress that people experience on a regular basis. It also mean beneficial stress.





## **Examples of Eustress:**

- **Getting to Know Someone**
- **Studying**
- **Learning and Adapting**
- **Performing**
- **Preparing**
- **Getting Over a Rejection**





**BAD STRESS** can also be termed as **DISTRESS** and manifests itself in a chronic or ongoing stress that begins to hinder your everyday life and stops you from completing tasks that you need to undertake.





**DISTRESS** refers to a state of severe anxiety or strain, to cause pain, and suffering — in other words, to stress somebody out.





## **Examples of Distress:**

- **Death of a Spouse**
- **Filing for Divorce**
- **Losing Contact with Loved Ones**
- **The Death of a Family Member**
- **Hospitalization (oneself or a family member)**
- **Injury or Illness (oneself or a family member)**
- **Being Abused or Neglected**







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**We see life from the sidelines.  
God sees it from the stands.**





**God is committed to our good.**





**Having a biblical perspective is  
seeing life through God's eyes.**





**Stress is an effective tool in the hands of God, a tool that is intended both for His glory and our good.**





# FIVE WAYS GOD USES STRESS:





# **1. God Uses Stress to Get Our Attention.**





**II Corinthians 12:9, “My  
power is made perfect in  
weakness.”**







**Psalm 119:67, Before I was  
afflicted, I went astray, but now  
I obey your word.**





## **2. God Uses Stress to Help Us Redefine or Rediscover Our Priorities.**





**Haggai 1:4, Is it a time for you yourselves to be living in your paneled houses, while this house remains a ruin?"**



- **Now this is what the LORD Almighty says: "Give careful thought to your ways. You have planted much but harvested little. You eat, but never have enough. You drink, but never have your fill. You put on clothes but are not warm. You earn wages, only to put them in a purse with holes in it." This is what the LORD Almighty says: "Give careful thought to your ways. Go up into the mountains and bring down timber and build my house, so that I may take pleasure in it and be honored," says the LORD.**



- **"You expected much, but see, it turned out to be little. What you brought home; I blew away. Why?" declares the LORD Almighty. "Because of my house, which remains a ruin, while each of you is busy with your own house. Therefore, because of you the heavens have withheld their dew and the earth its crops. I called for a drought on the fields and the mountains, on the grain, the new wine, the olive oil and everything else the ground produces, on people and livestock, and on all the labor of your hands."**





**Stress should take us back to the basics. It is an opportunity to re-evaluate our priorities and bring them in line with God's.**





# **3. God Uses Stress to Draw Us to Himself.**





**“But in their distress, they turned to the Lord, the God of Israel, and sought him, and he was found by them.” II  
Chronicles 15:4**







**“In my distress I called to  
the Lord, and he answered  
me.” Jonah 2:2**





**In my distress I called to the Lord; I cried to my God for help. From His temple He heard my voice; my cry came before Him, into His ears.**

**Psalms 18:6**

**I call on the Lord in my distress, and He answers me. Psalms 120:1**





**When our lives are comfortable and stress-free, too often we withdraw from the Lord into our own worlds of spiritual independence and isolation.**





# 4. God Uses Stress to Discipline Us.





**Hebrews 12:5-7, “My son, do not make light of the Lord’s discipline, and do not lose heart when He rebukes you, because the Lord disciplines those He loves, and He punishes everyone He accepts as a son.” Endure hardship as discipline; God is treating you as sons.**





**Proverbs 13:24, “He who spares the rod hates his son, but he who loves him is careful to discipline him.”**





**Discipline is corrective. It is remedial, not revengeful. God sends stresses not to get back at us for doing wrong, but to deepen our dependence on Him in order to do right.**





**Hebrews 12:10-11, God disciplines us for our good, that we may share in his holiness. No discipline seems pleasant at the time, but painful.**

**Later, however, it produces a harvest of righteousness and peace for those who have been trained by it.**







**“Forget what hurt you, but  
never forget what it taught  
you.”**





# 5. God Uses Stress To Strengthen Our Faith.





**1 Peter 1:7, “These [trials] have come so that your faith—of greater worth than gold, which perishes even though refined by fire—may be proved genuine and may result in praise, glory and honor when Jesus Christ is revealed.”**





**There is only one way a muscle  
grows—through stress.**





**Stress is a demand placed upon our faith. Without it our faith will not, *cannot*, grow.**





# 3 WAYS GOD USES STRESS TO BLESS:





# 1. STRESS SIGNALS





**An abundance of chronic stress is a signal that we are doing things in our will, not GOD's WILL.**







# Two Ways We Create Additional Stress:





- 1. Holding on to both Guilt and Unforgiveness.**
- 2. Expecting other people to fill a roll that only God can fill.**





**Stress is a gift that God gives us that will SIGNAL that we need to reconnect and realign with Him. It is our CHOICE whether we do that or not.**





## 2. STRESS IS SEASONAL





**Ecclesiastes 3:1, There is a time  
for everything, and a season  
for every activity under the  
heavens.**





**Accept your consequences, pray  
for forgiveness, and plant new  
seeds.**





# 3. STRESS SERVES





**“The more frustrated the  
environment, the more  
FRUITFUL the individual. “**







**God does not care about your  
circumstances nearly as much  
as He cares about your  
character.**





**Your success in life is not  
about your CIRCUMSTANCES  
but about your CHOICES.**



## **Bible Study Follow-up Chat Session**

- 1. Can you identify some good stressors you experienced in your life that helped you complete a task or goal?**
- 2. Have you ever had moments of distress? How were you able to overcome those short periods of time?**
- 3. “Forget what hurt you, but never forget what it taught you.”**
- 4. Can you identify a time when stress developed your faith?**
- 5. Can you recall a time when you were doing something out of the will of God that eventually led to stress?**
- 6. “The more frustrated the environment, the more FRUITFUL the individual. “**

