



November Bible Study Series

The Battle Within
Lesson Three:
Help! I'm Stressed Out!



**“Every day brings a choice: to practice stress
or to practice peace.”**

Stress is defined as "physical, mental,
or emotional strain or tension."



Scripture Lesson:
Psalm 31:9-13



Psalm 31:9-13

Have mercy on me, LORD, for I am in distress. Tears blur my eyes. My body and soul are withering away. I am dying from grief; my years are shortened by sadness.





Sin has drained my strength;
I am wasting away from
within. I am scorned by all
my enemies and despised by
my neighbors— even my
friends are afraid to come
near me.

When they see me on the street, they run the other way. I am ignored as if I were dead, as if I were a broken pot. I have heard many rumors about me, and I am surrounded by terror. My enemies conspire against me, plotting to take my life.





David Experienced
Intense Symptoms:

Emotional (vs. 9,10)
Physical (v.10)
Social and
Interpersonal (v.11)
Mental (v.12)

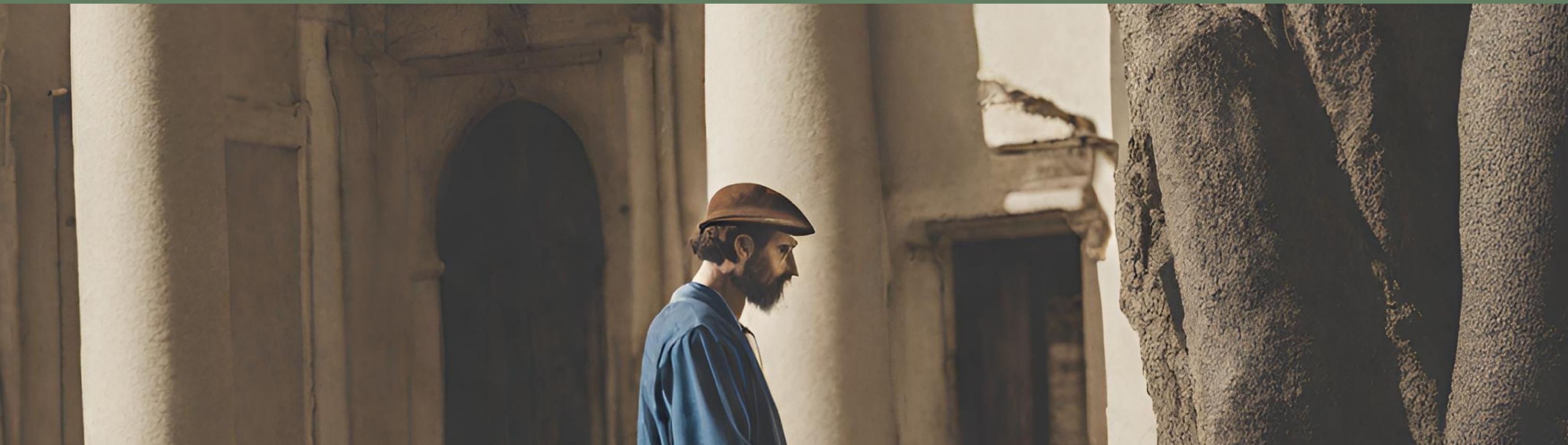


David's Strategy for Handling the Stress

1. He Set His Heart on Who God Is.



2. He Set His Heart on God's Attributes.



3. He Cried to God for Help.



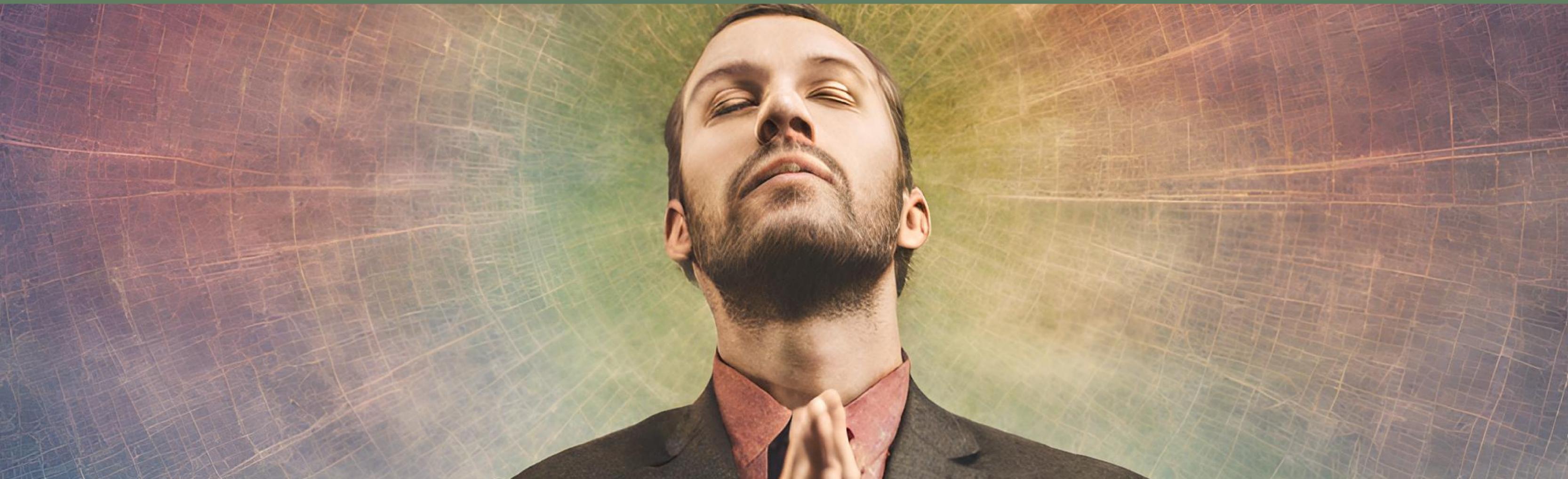
4. He Committed His Spirit to God.



5. He Affirmed His Trust in the Lord.



6. He Reminded Himself of What God had Done



7. He Chose to be Glad and Rejoice.



8. He Acknowledged His Pain and Suffering and Described it to God.





12 Practical Ways To Reduce Stress In Your Life:

1. Eliminate Hurry



2. Downsize Expectations



3. Be Merciful



An elderly couple is laughing joyfully in a grassy yard in front of a house. The woman, on the left, has white hair and is wearing a blue short-sleeved shirt and light-colored pants. The man, on the right, also has white hair and is wearing a yellow t-shirt and blue jeans. They are both laughing heartily, with their mouths wide open. The man has his hand on the woman's shoulder. In the background, there is a house with dark brown siding, a white door, and a window. A large green tree is visible behind the house. The sky is clear and blue.

Luke 6:35-36

“But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be children of the Highest, because he is kind to the ungrateful and wicked. Be merciful, just as your Father is merciful.”

4. Admit Mistakes and Imperfections



5. Get Right With God



A photograph of a man in a dark suit sitting in a church pew, viewed from behind. He is looking towards the altar of a large, ornate church with high vaulted ceilings and stained glass windows. The lighting is warm and soft, highlighting the architectural details and the man's silhouette.

James 4:7-8

Submit yourselves, then, to God. Resist the devil, and He will flee from you. Come near to God and He will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded.

6. Laugh More



7. Experience God





Zephaniah 3:17

The Lord your God is with you, the Mighty Warrior who saves. He will take great delight in you; in His love He will no longer rebuke you but will rejoice over you with singing.

8. Take Care Of Yourself



9. Know What Triggers Your Anger





HALT stands for:

Hungry
Angry
Lonely
Tired

10. Trust God And His Sovereignty



A silhouette of a person looking up at the Milky Way galaxy in a starry night sky. The person is on the left, with their right hand raised towards the galaxy. The background is a vast, colorful expanse of stars and nebulae, with the Milky Way stretching across the sky from the top left towards the center. The colors range from deep blues and purples to bright oranges and reds.

Isaiah 40:25-28

"To whom will you compare me? Or who is my equal?" says the Holy One. Lift your eyes and look to the heavens: Who created all these? He who brings out the starry host one by one and calls forth each of them by name.



Because of his great power and mighty strength, not one of them is missing. Why do you complain, Jacob? Why do you say, Israel, 'My way is hidden from the Lord; my cause is disregarded by my God'?

Do you not know? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He will not grow tired or weary, and his understanding no one can fathom.



11. Learn To Say No



12. Pray About Everything



A photograph of a man with a beard, wearing a light blue t-shirt, with his hands raised in prayer against a sunset sky. The image is split vertically, with the left side showing the man and the right side being a solid green background with text.

Philippians 4:6-7

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

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





Bible Study Follow Up Chat Questions:

1. How would you define stress?
2. Have you ever experienced good stress, bad stress?
3. List some of the ways David handled his extreme stress in Psalm 31.
4. In what way(s) can you identify with how David handled his stress?
5. What scripture verse(s) do you rely on in stressful situations?
6. What are some benefits of learning to graciously say no?
7. What was your greatest takeaway from today's lesson?