



# Stress

## The Bible provides practical relief from Stress

What causes stress in a person's life?  
How would you rank the most stressful circumstances in a person's life?  
What circumstances in a person's work environment cause stress?  
Why is our job such a source of stress in our lives?  
Why do we have a fallen world?  
So if thorns and thistles are a result of Adam and Eve's sin, why are we still suffering today?  
How do the thorns and thistles of an agrarian society map to problems we face at work today?  
Is the stress we have from the rapid pace of technological developments something that man has always had to contend with or is it a more recent factor in our day and age?  
How should an understanding of the fallen nature of this world help us in dealing with stress?  
Why is a person's supervisor often a source of stress at work?  
How should we regard the authorities in our life? (Romans 13:1-2)  
Why does a flawed relationship with God exacerbate a flawed relationship with your supervisor?  
How does the Bible suggest we deal with our supervisors? (Ephesians 6:5-8)  
Why should we have a servant's attitude toward our supervisors? (Philippians 2:5-8)  
How do people generally react to stress?  
How should the Christian respond to stress?

### Matthew 6:31-34

Who are the gentiles in Matthew 6:31-34 and what do they seek?  
Why is the seeking after temporal needs in vain?  
Why do unbelievers concern themselves with basic, temporal things?  
What should we do instead of worrying about our material well-being?  
How does seeking first the Kingdom of God help relieve us from stress?  
Does Matthew 6:31-34 say we should not plan ahead for contingencies since it says not to worry about tomorrow?  
How does worry about the future cause stress?  
What does it mean that, "*Sufficient for the day is its own trouble*"?  
So what is the principle in Matthew 6:31-34 that if applied to our lives will reduce our stress?

### Psalm 55:22

What does it mean to cast your burden on the Lord?  
Why is it stressful if we do not lean on the Lord to be sustained during times of adversity?  
What are we saying to God when we try to relieve our stress on our own?  
So how do you apply this knowledge to your life to reduce your stress when adversity comes?  
Does this mean that God will always remove the burden in response to your prayer?  
So how should we regard prayer as a stress remover?  
Why would Charles Stanley refer to prayer as the greatest time saving activity we can do?  
How does God sustain us if He does not remove our stressful burden?  
So what should we do if we have prayed and our burden persists?  
Is our waiting on God a passive or an active thing?  
What is the promise in Matthew 11:28-29?  
How is being yoked with Christ and learning from Him a stress reliever?  
What kind of rest is Matthew 11:28-29 talking about?  
So when we feel the stress of life in this world, what should we do?

### Psalm 34:19

Who are the righteous?  
Why should the righteous expect afflictions?  
How does the promise God has given us in Psalm 34:19 help us through stressful times?  
Why won't the bad things of this world be remembered in eternity?  
If God is in control of all things, why does He allow bad things to happen to His children in the world?  
So what attitude should we have about difficulties we face in life?  
What are some good things that God could use stressful times to bring about good in your life in the here and now?  
What is the key to appropriating the power of Christ in dealing with a stressful situation? (John 1:12)  
What does it mean in John 1:12 to receive Christ?  
What must you believe about your condition?  
But what is the good news that makes it possible for all people to be saved?  
So what must you do to be saved?  
Is confession a requirement to be saved?