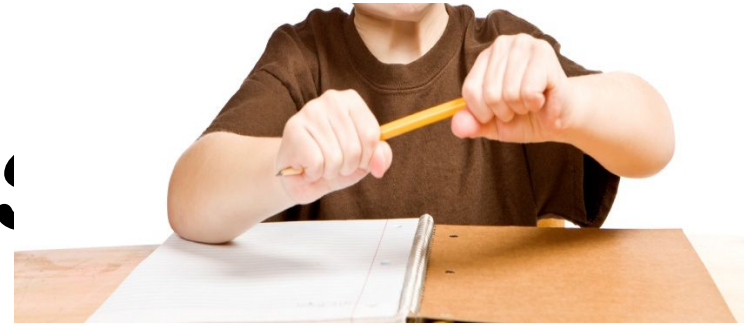


**All Stressed Up
and No Place to Go!
- pt2**

stress

**Philippians 4:4
Stress Formula 44**

STRESS

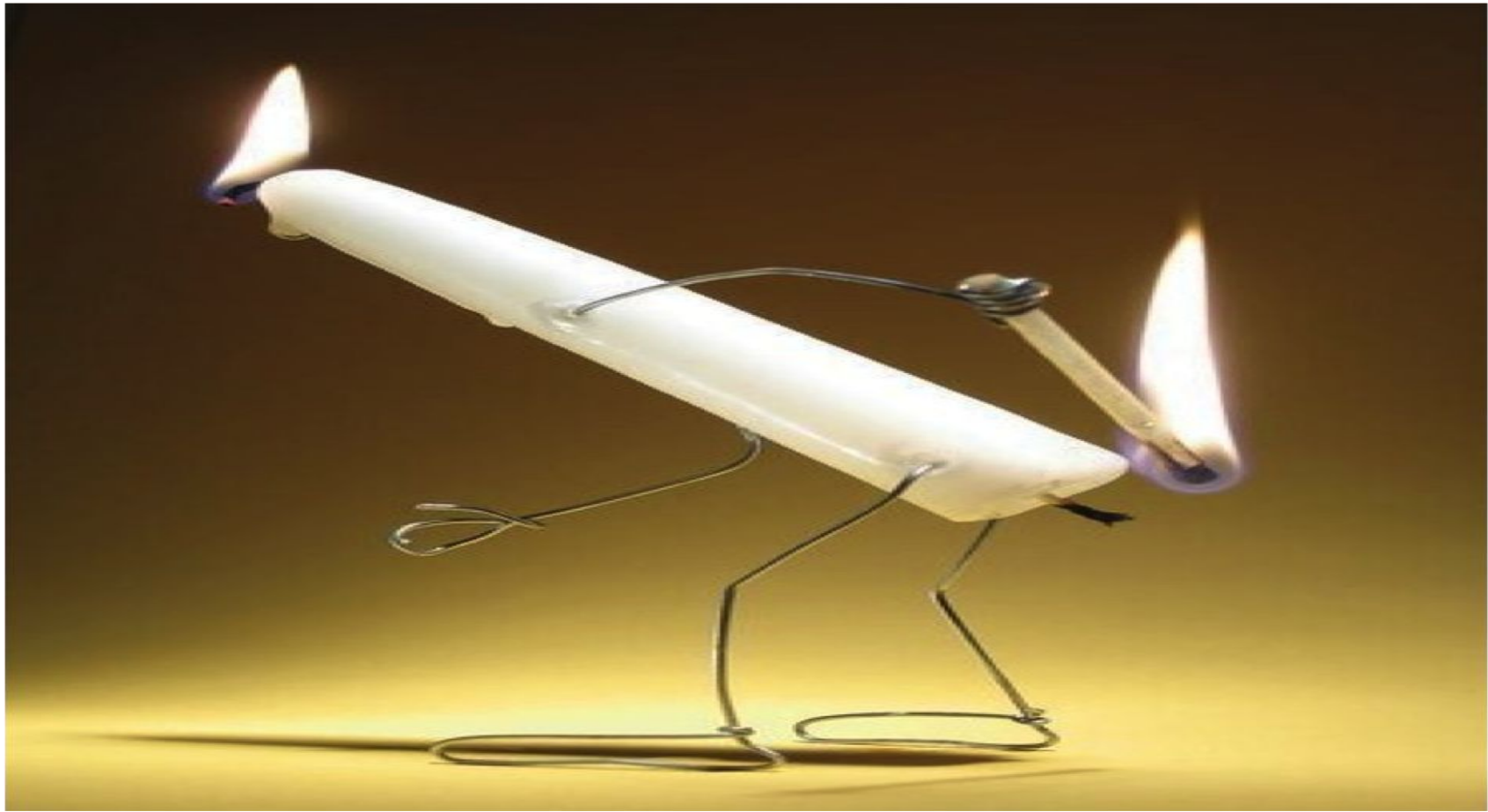


**Mental, Emotional, Physical, Spiritual Pressure
that can initiate the...**

...“Fight or Flight“ or “Freeze” Response

- **Stress is like an iceberg.** We can see one-eighth of it above, but what about what’s below —Patrice O’Connor
- **Stress Does Not Discriminate:**
Age, Race, Religion, Gender

Have You Ever Felt Like...



Stress

#1- Normal Stress

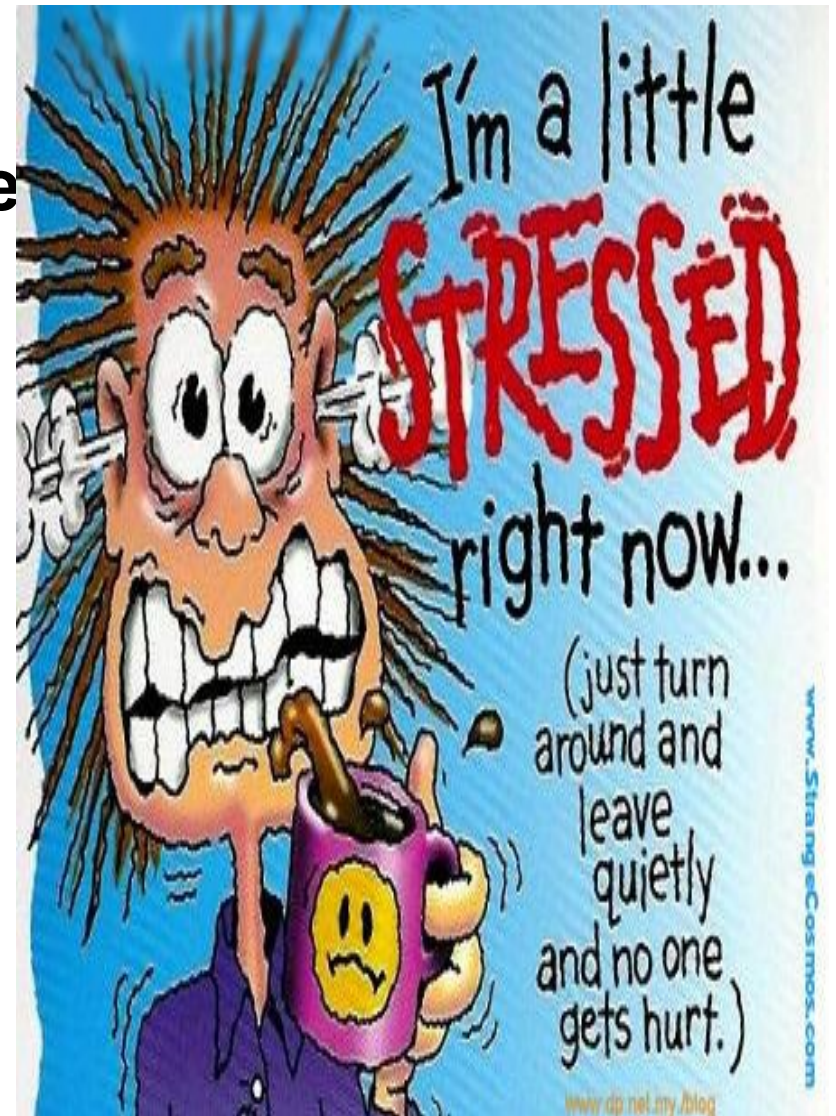
- Day to Day –Part of Life
- Motivates

#2- Abnormal Stress

- Job Overload
- Sickness

#3- Long Term Stress

- Loss of Job
- Chronic Sickness





stress

Stress' Grip

- **Box You *"In"***
- **Wear You *"Down"***
- **Choke You *"Out"***

Characteristics of the Stress-Prone

1. Plans day unrealistically
2. First to arrive, last to leave
3. Always in a hurry
4. Makes no plan for relaxation
5. Feels guilty about doing anything other than work
6. Sees unforeseen problem as a setback or disaster
7. Is always thinking about several other things when working
8. Feels need to be recognized and overextends because of this



Life Songs

**Which of These Four Songs Reveals Your...
...Attitude Toward Life?**

1-*“Make the World Go Away”*

2-*“Raindrops Keep Falling on my Head”*

3-*“I did it My Way”*

4-*“Oh, What a beautiful morning”*

▪ If You Chose 1-3 You Are Very Stress Prone

Symptoms of Stress Overload:

- **Decision-making becomes difficult (major and minor)**
- **Excessive daydreaming or fantasizing about *"getting a way from it all"***
- **Increased use of cigarettes and/or alcohol.**
- **Increased use of tranquilizers and *"uppers"***
- **Thoughts trail off while speaking or writing.**
- **Excessive worrying about all things.**
- **Sudden outbursts of temper and hostility.**
- **Paranoid ideas and mistrust of friends and family.**
- **Forgetfulness for appointments, deadlines, dates.**
- **Frequent spells of brooding and feeling of inadequacy.**
- **Reversals in usual behavior**

What to Do:

1. Recognize

- What can be Changed
- What can't be Changed

2. Identify

- Your Emotional Needs
- Find Ways to Meet Them

3. Listen

- it is More Relaxing than Talking

4. Practice the 4 Steps Found in Phil 4

- Formula 44



Step #1- Worry About NOTHING

“Be anxious for nothing” -Philippians 4:6 (NKJV)

“Don’t worry about anything” (6 HCSB)

Paul is saying that Worry Should Not Be a Part of Our Lives

Worry Kills Joy and is a Major Source of Stress in Our Lives

40% of our worries never happen

30% of our worries concern the past

12% of our worries are needless worries about your health

10% of our worries are insignificant or petty concerns

8% of our worries are really legitimate concerns



Step #1- Worry About NOTHING

Worry is Worthless!

It Cannot Change the Past or Control the Future...

...all it does is Mess Up the “Right Now”

- **It Uses Up an Incredible Amount of Energy**

When we Worry About Things – *They Only Get Bigger*

“Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.” **Matthew 6:26-34 (NKJV)**

- **Worry is to Have No Place in Our Lives**
- **Cast Your Cares on Him -1 Peter 5:7**

Step #2- Pray About EVERYTHING

“In everything by prayer / supplication, w-Thx, let your requests be made known to God.” (6 NKJV)

- **Replace (-) talk-self-rumors-with (+) talk to God**

Paul is Saying...

- **don't worry – pray**
- **don't panic – praise and pray**

I have heard people say: *“I don't have time to pray”*

My question would be: *“Do you have time to worry?”*

...If you do – you have time to pray.”



Step #2- Pray About EVERYTHING

“Humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you.” -1 Peter 5:6-7 (NKJV)

- **Prayers Don't Have to Be Long – or Elaborate**
- **Greatest Prayer Ever Prayed... “God help me”**
- **Prayer is a Tremendous Way To Release Pressure**

A life insurance company did a study. They learned that people who attend church once a week live an average of 5.7 years longer than the general public.

- **Worry Destroys Your Health**

There is No Problem Too Big for God's Power or Too Small for God's Concern.

Step #3- Be THANKFUL

“In everything by prayer and supplication, w- Thx, let your requests be made known to God” (6 NKJV)

“In every situation let God know what you need in prayers and requests while giving thanks” -(6 GW)

God Wants Us to Be Thankful

- have an Attitude of Gratitude
- Thanksgiving is the Purest Form of Faith

The Healthiest Human Emotion is...

...the Attitude of Gratitude

Ungrateful People Tend to Be Unhappy People

Step #3- Be THANKFUL

“A joyful heart is good medicine, but a broken spirit dries up the bones.” -Prov 17:22 (HCSB)

- **A Joyful Heart is Good Medicine for the Soul**
- **Develop the Attitude of Gratitude and See How It ...Affects your Stress Level.**

“In everything give thanks; for this is the will of God in Christ Jesus for you.” -1 Thess 5:18 (NKJV)

- **God’s Will for Your Life is for You to be Thankful.**

When You Are Thanking God for What He has Done...

...You Are Praising God!!



Step #4- Change Your Way Of THINKING

"Rejoice in the Lord always, delight, gladden yourselves in Him. Again I say rejoice!" –**Look Up**

Let all men know /perceive /recognize your unselfishness (your considerateness, Forbearing spirit)" –**Show Up**

*"Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, " "pure, " " lovely, " " good report, if there is any virtue and if there is anything praiseworthy-- meditate on these things." –(8 NKJV) -**Stand Up***

I Get to Decide What I Think About ...not Satan or World

- **Biblical Meditation is Focused Thinking.**
- **to Attend to Carefully – Examine It From One Direction, Turn It, and Examine It Again.**

Step #4- Change Your Way Of THINKING

**If you are Good at Worry – you can be Good at
Meditation**

- **Worry is just Negative Meditation**
- **You're Thinking about it Over and Over Again**

**To Reduce Stress in Your Life -Change the Way You
Think**

You CAN Choose What You Think and...

...you CAN Think About the Right Things.

- **What Dominates Your Thinking?**
- **What Does Your Mind Think about the Most?**
- **Are they Negative or Positive?**

The Bible Tells Us to Think on Those Things Which...

...Gives God Honor

Step #4- Change Your Way Of THINKING

What happens if I follow these simple steps?

Here is what the Bible says will happen:

“And the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.” **Philippians 4:7 (NKJV)**

Peace – *“which surpasses all understanding”*

- **It will Guard Your Heart and Mind.**
- **It Is A Gift that Cannot Be Explained,**
- **Duplicated, or Fabricated.**
- **It is a Peace Which Only God Can Give**