



STRESS+

2019 Gallup Global Emotions Report

- 55% of Americans (35% globally)
“experienced a lot of stress the day before.”
- America is the 4th most stressed country in the world behind Greece, the Philippines, and Tanzania.

2019 Barna Survey

40% of US adults and 34% of practicing Christians say that anxiety or depression impacts their most important relationships.

2020 Barna Survey (18 - 35-year-olds)

- 49% experience anxiety over important decisions and are afraid to tell
- 39% often feel depressed
- 34% often feel lonely and isolated



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28 “Come to Me, all of you who are weary and burdened, and I will give you rest.

Matthew 11:28–30

²⁹ All of you, take up My yoke and learn from Me, because I am gentle and humble in heart, and you will find rest for yourselves. ²⁹ For my yoke is easy and My burden is light.”

Matthew 11:28–30

Matthew 11:28-30

Invitations:

- Come to Me if you are weary and burdened
- Put on My yoke
- Learn from Me

Promise:

- My yoke is easy and light
- I will give you rest

³ For though we live in the body, we do not wage war in an unspiritual way, ⁴ since the weapons of our warfare are not worldly, but are powerful through God for the demolition of strongholds.

2 Corinthians 10:3-5

We demolish arguments ⁵ and every high-minded thing that is raised up against the knowledge of God, taking every thought captive to obey Christ.

2 Corinthians 10:3-5

Takeaways

- 1) Give Jesus a chance to help you.
- 2) Join the battle in the mind.
Demolish the lies. Declare truth.

Now may the God of hope fill you with all joy and peace as you believe in Him so that you may overflow with hope by the power of the Holy Spirit.

Romans 15:13