



Chill Week 2

July 19, 2026

STRESS OCCURS WHEN EXTERNAL DEMANDS EXCEED OUR INTERNAL RESOURCES. ACUTE STRESS, LIKE MEETING A DEADLINE, CAN MOTIVATE US. BUT CHRONIC STRESS—UNRESOLVED, PERSISTENT STRESS—WEARS US DOWN. IT DISRUPTS SLEEP, WEAKENS IMMUNITY, & STRAINS RELATIONSHIPS

WHAT IS STRESSING YOU OUT?

YOU CANNOT LIVE WITHOUT STRESS & EVERYONE LEARNS WAYS TO COPE

COPING MECHANISM: THOUGHTS AND BEHAVIORS MOBILIZED TO MANAGE INTERNAL & EXTERNAL STRESSFUL SITUATIONS

WHAT DO WE DO ABOUT STRESS?

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. Philippians 4:6-7 (NIV)

THEN WHY ARE ANY OF US STRESSED?

Five times I received from the Jews the forty lashes minus one. Three times I was beaten with rods, once I was pelted with stones, three times I was shipwrecked, I spent a night and a day in the open sea, I have been constantly on the move. I have been in danger from rivers, in danger from bandits, in danger from my fellow Jews, in danger from Gentiles; in danger in the city, in danger in the country, in danger at sea; and in danger from false believers. I have labored and toiled and have often gone without sleep; I have known hunger and thirst and have often gone without food; I have been cold and naked. Besides everything else, I face daily the pressure of my concern for all the churches. 2nd Corinthians 11:24-28 (CSB)

I plead with Euodia and I plead with Syntyche to be of the same mind in the Lord. Yes, and I ask you, my true companion, help these women since they have contended at my side in the cause of the gospel. Philippians 4:2-3

Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life. Philippians 4:6-7 (MSG)

MOST PEOPLE OVERESTIMATE WHAT THEY CAN DO IN ONE YEAR AND UNDERESTIMATE WHAT THEY CAN DO IN TEN YEARS.” BILL GATES

1. ADMIT THERE IS A PROBLEM
2. TAKE AN INVENTORY OF YOUR TIME DAILY SCHEDULE

Teach us to number our days that we may gain a heart of wisdom. Psalm 90:12-17 (NIV)

1. TAKE A STEP ”INSANITY IS DOING THE SAME THING, OVER AND OVER AGAIN, BUT EXPECTING DIFFERENT RESULTS.” RITA MAE BROWN

LEARNING GOOD HABITS AT A YOUNG AGE CHANGES THE DIRECTION OF YOUR LIFE

WHAT ARE SOME STEPS YOU CAN TAKE?

1. SCHEDULE TIME TO READ GOD’S WORD
2. CHECK OUT A SEMINAR
3. LEARN SOMETHING NEW

“THE ENNEAGRAM IS A TOOL THAT AWAKENS OUR COMPASSION FOR PEOPLE JUST AS THEY ARE, NOT THE PEOPLE WE WISH THEY WOULD BECOME SO OUR LIVES WOULD BECOME EASIER.” IAN MORGAN CRON

“AS FAR AS WE CAN TELL FROM A PURELY SCIENTIFIC VIEWPOINT, HUMAN LIFE HAS ABSOLUTELY NO MEANING. HUMANS ARE THE OUTCOME OF BLIND EVOLUTIONARY PROCESSES THAT OPERATE WITHOUT GOAL OR PURPOSE. OUR ACTIONS ARE NOT PART OF SOME DIVINE COSMIC PLAN...HENCE ANY MEANING THAT PEOPLE INSCRIBE TO THEIR LIVES IS JUST A DELUSION.” YUVAL NOAH HARARI

For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand. Ephesians 2:10 (ESV)

WHO IS SPEAKING INTO YOUR LIFE?

Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.” Matthew 11:28-30 (MSG)