

Lowering Stress in Your Life, part 3
March 25, 2018

1. Apply Practical Wisdom to Your Daily Life

- Take on unpleasant tasks first.
- Protect your rest times.
- Don't depend on emotional "highs" to get things done.
- Learn to say "no," it gives more meaning to your "yes." Matthew 5:37

2. Let God Renew Your Mind

Live no longer by the patterns of this world but be transformed by the renewing of your mind. Romans 12:2

- **Build up a "defense" against small stresses.**

Cast all your cares on him for he cares for you. 1 Peter 5:7

- **Help when you can, but only carry your burdens.**

And he said to all, "If anyone would come after me, let him deny himself and take up his cross daily and follow." Luke 9:23

- **Identify and correct mistaken beliefs.**

...We are to "demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ." 2 Corinthians 10:5

- **Speak Jesus' truth to yourself.**

Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

Matthew 11:29-30

3. Act on Your Need for Fellowship

- Resolve conflicts quickly.
- Invest in healthy relationships.
- Embrace a purpose that is outward-focused.

4. Build your faith in Jesus Christ.

- Be passionate in your faith but unhurried in your pace.
- Give Jesus your disappointments, dreams and worries.
- Ask Jesus for guidance as to what matters most.
- Walk through your past...with Jesus...forgive yourself.

"We also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope." Romans 5:3-4 NIV

Sources: Dr. Archibald Hart—[The Anxiety Cure](#); [Thrilled to Death: how the endless pursuit of pleasure is leaving us numb](#). Dr. Alice Boyes, [The Anxiety Toolkit](#)

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