

LOWERING STRESS IN YOUR LIFE
March 18, 2018

The Lord is my shepherd, I shall not want. He leads me beside still waters. He restores my soul... Psalm 23

I sought the LORD, and he heard me, and delivered me from all my fears. PS. 34:4

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."

Let God Renew Your Mind—Romans 12:2

- Build up a "defense" against small stresses.
- Help when you can but only carry your burdens.
- Identify and correct mistaken beliefs.
- Speak Jesus' truth to yourself.

Act on Your Need for Fellowship

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

Build Your Faith

- Be passionate in your faith but unhurried in your pace.
- Give Jesus your disappointments and your dreams.
- Ask Jesus for guidance as to what matters most.

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

Watch out for Anhedonia...

Sources: Dr. Archibald Hart, [The Cure For Anxiety](#)

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