

Stress Out - Part 4 - Good Stress
May 10, 2020

And we know that in all things God works for the good of those who love him, who have been called according to his purpose. - Romans 8:28

The righteous person faces many troubles, but the Lord comes to the rescue each time.
- Psalm 34:19

HOW GOD USES STRESS FOR OUR GOOD AND HIS GLORY

1) God uses stress to DRAW us to Himself.

⁵ The waves of death overwhelmed me; floods of destruction swept over me. ⁶ The grave wrapped its ropes around me; death laid a trap in my path. ⁷ But in my distress I cried out to the Lord; yes, I cried to my God for help. He heard me from his sanctuary; my cry reached his ears. - 2 Samuel 22:5-7

2) God uses stress to CORRECT us.

⁵ And have you forgotten the encouraging words God spoke to you as his children? He said, "My child, don't make light of the Lord's discipline, and don't give up when he corrects you. ⁶ For the Lord disciplines those he loves, and he punishes each one he accepts as his child."
- Hebrews 12:5-6

3) God uses stress to STRENGTHEN our faith.

These trials will show that your faith is genuine. It is being tested as fire tests and purifies gold—though your faith is far more precious than mere gold. So when your faith remains strong through many trials, it will bring you much praise and glory and honor on the day when Jesus Christ is revealed to the whole world. - 1 Peter 1:7