

Triggered
Triggered by Stress
May 8, 2022

Romans 12:2 Do not **conform** to the **pattern** of this world, but be **transformed** by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

Luke 21:34 “**Be careful**, or your **hearts** will be weighed down with dissipation, drunkenness and **anxieties of life**, and that day will close on you unexpectedly like a **trap**.”

Daniel 5:1-7 King Belshazzar gave a great banquet for a thousand of his nobles and drank wine with them. While Belshazzar was drinking his wine, **he gave orders** to bring in the gold and silver goblets that Nebuchadnezzar his father had taken from the temple in Jerusalem, so that the king and his nobles, his wives and his concubines might drink from them. So they brought in the gold goblets that had been taken from the temple of God in Jerusalem, and the king and his nobles, his wives and his concubines drank from them. As they drank the wine, they praised the **gods of gold and silver**, of bronze, iron, wood and stone. **Suddenly** the fingers of a human hand appeared and wrote on the plaster of the wall, near the lampstand in the royal palace. The king watched the hand as it wrote. His face turned pale and he was so frightened that his legs became weak and his knees were knocking. The king summoned the enchanters, astrologers and diviners. Then he said to these wise men of Babylon, “Whoever reads this writing and tells me what it means will be clothed in purple and have a gold chain placed around his neck, and he will be made the third highest ruler in the kingdom.”

Daniel 5:25-28 “This is the inscription that was written: mene, mene, tekel, parsin Here is what these words mean: *Mene* : God has **numbered** the days of your reign and brought it to an **end**. *Tekel* : You have been **weighed** on the scales and found **wanting**. *Peres* : Your kingdom is **divided** and given to the Medes and Persians.”

Truths to change how you experience stress:

- ✓ It is _____.
- ✓ It is a _____.
- ✓ It is a _____.

Luke 15:11-17 Jesus continued: “There was a man who had two sons. The younger one said to his father, ‘Father, **give me** my share of the estate.’ So he divided his property between them. **Not long after that**, the younger son got together all he had, **set off** for a distant country and there **squandered** his wealth in wild living. After he had **spent everything**, there was a severe famine in that

Triggered
Triggered by Stress
May 8, 2022

Romans 12:2 Do not **conform** to the **pattern** of this world, but be **transformed** by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.

Luke 21:34 “**Be careful**, or your **hearts** will be weighed down with dissipation, drunkenness and **anxieties of life**, and that day will close on you unexpectedly like a **trap**.”

Daniel 5:1-7 King Belshazzar gave a great banquet for a thousand of his nobles and drank wine with them. While Belshazzar was drinking his wine, **he gave orders** to bring in the gold and silver goblets that Nebuchadnezzar his father had taken from the temple in Jerusalem, so that the king and his nobles, his wives and his concubines might drink from them. So they brought in the gold goblets that had been taken from the temple of God in Jerusalem, and the king and his nobles, his wives and his concubines drank from them. As they drank the wine, they praised the **gods of gold and silver**, of bronze, iron, wood and stone. **Suddenly** the fingers of a human hand appeared and wrote on the plaster of the wall, near the lampstand in the royal palace. The king watched the hand as it wrote. His face turned pale and he was so frightened that his legs became weak and his knees were knocking. The king summoned the enchanters, astrologers and diviners. Then he said to these wise men of Babylon, “Whoever reads this writing and tells me what it means will be clothed in purple and have a gold chain placed around his neck, and he will be made the third highest ruler in the kingdom.”

Daniel 5:25-28 “This is the inscription that was written: mene, mene, tekel, parsin Here is what these words mean: *Mene* : God has **numbered** the days of your reign and brought it to an **end**. *Tekel* : You have been **weighed** on the scales and found **wanting**. *Peres* : Your kingdom is **divided** and given to the Medes and Persians.”

Truths to change how you experience stress:

- ✓ It is _____.
- ✓ It is a _____.
- ✓ It is a _____.

Luke 15:11-17 Jesus continued: “There was a man who had two sons. The younger one said to his father, ‘Father, **give me** my share of the estate.’ So he divided his property between them. **Not long after that**, the younger son got together all he had, **set off** for a distant country and there **squandered** his wealth in wild living. After he had **spent everything**, there was a severe famine in that

whole country, and **he began to be in need**. So he went and hired himself out to a citizen of that country, who sent him to his fields to feed pigs. He longed to fill his stomach with the pods that the pigs were eating, but **no one gave him anything**. **When he came to his senses**, he said, ‘How many of my father’s hired servants have food to spare, and here I am starving to death!’”

How to overcome the triggers of stress:

1. Live in _____ to God’s principles.

Isaiah 9:6 For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, **Prince of Peace**.

Psalm 4:8 In peace I will lie down and sleep, for you alone, **LORD**, make me dwell in safety.

2. Maintain an attitude of _____.

Psalm 23:1-3 The LORD is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul.

3. Create _____ in your schedule and life.

Proverbs 21:20 The wise **store up** choice food and olive oil, but fools gulp theirs down.

Psalm 23:5 You anoint my head with oil; my cup overflows.

4. Stay _____ on the Lord.

John 16:24 “Until now **you have not asked** for anything in my name. **Ask** and you will receive, and **your joy** will be complete.”

Luke 15:18-20 “**I will** set out and **go back** to my father and say to him: Father, **I have sinned** against heaven and against you. I am no longer worthy to be called your son; make me like one of your hired servants.’ So he **got up** and **went** to his father. But while he was still a long way off, his father saw him and was **filled with compassion** for him; he ran to his son, threw his arms around him and kissed him.”

Walk Away: This week I choose to _____ the Lord with whatever challenge or pressure I am facing.

Matthew 11:28 Then Jesus said, “**Come to me**, all of you who are weary and carry heavy burdens, and I will give you **rest**.”

whole country, and **he began to be in need**. So he went and hired himself out to a citizen of that country, who sent him to his fields to feed pigs. He longed to fill his stomach with the pods that the pigs were eating, but **no one gave him anything**. **When he came to his senses**, he said, ‘How many of my father’s hired servants have food to spare, and here I am starving to death!’”

How to overcome the triggers of stress:

1. Live in _____ to God’s principles.

Isaiah 9:6 For to us a child is born, to us a son is given, and the government will be on his shoulders. And he will be called Wonderful Counselor, Mighty God, Everlasting Father, **Prince of Peace**.

Psalm 4:8 In peace I will lie down and sleep, for you alone, **LORD**, make me dwell in safety.

2. Maintain an attitude of _____.

Psalm 23:1-3 The LORD is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul.

3. Create _____ in your schedule and life.

Proverbs 21:20 The wise **store up** choice food and olive oil, but fools gulp theirs down.

Psalm 23:5 You anoint my head with oil; my cup overflows.

4. Stay _____ on the Lord.

John 16:24 “Until now **you have not asked** for anything in my name. **Ask** and you will receive, and **your joy** will be complete.”

Luke 15:18-20 “**I will** set out and **go back** to my father and say to him: Father, **I have sinned** against heaven and against you. I am no longer worthy to be called your son; make me like one of your hired servants.’ So he **got up** and **went** to his father. But while he was still a long way off, his father saw him and was **filled with compassion** for him; he ran to his son, threw his arms around him and kissed him.”

Walk Away: This week I choose to _____ the Lord with whatever challenge or pressure I am facing.

Matthew 11:28 Then Jesus said, “**Come to me**, all of you who are weary and carry heavy burdens, and I will give you **rest**.”