

# GOD'S ANSWERS TO LIFE'S DIFFICULT QUESTIONS

Bible Class Series

## HOW CAN I COPE WITH STRESS?

Jesus summarized the secret of stress management when he said:

28 Come unto me, all ye that labour and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. 30 For my yoke is easy, and my burden is light. **Matthew 11:28-30 (KJV)**

### THREE KEYS TO STRESS MANAGEMENT

#### 1. Come to Jesus

- Jesus says, "I will give you rest for your souls." This is much deeper than physical rest. This is Soul Rest.

#### **Isaiah 40:29,31 (NLT2)**

29 He gives power to the weak and strength to the powerless.

31 But those who trust in the LORD will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint.

- The antidote for an overloaded soul is a Jesus.

#### 2. Take up His yoke.

If you want to lighten your load, you need to let go of control.

A yoke is a wooden beam that attaches two farm animals together.

By sharing the load, they lighten the load.

- A yoke is a symbol of Partnership.

#### **Psalms 55:22 (MSG)**

22 Pile your troubles on GOD's shoulders— he'll carry your load; he'll help you out. He'll never let good people topple into ruin.

Jesus says, “Join up with me, connect with Me, get attached to me, put on the yoke with me and I’ll carry the load with you.”

- A yoke is a symbol of Control.

Oxen yoked together are controlled by the master; when you are yoked with Christ you are controlled by God.

- When you’re yoked with Christ you move together in the same Direction and at the same Pace.

**Galatians 5:25 (NIV)**

25 Since we live by the Spirit, let us keep in step with the Spirit.

**Romans 3:28 (MSG)**

28 We've finally figured it out. Our lives get in step with God and all others by letting him set the pace, not by proudly or anxiously trying to run the parade.

Who’s setting the pace in your life right now? Let God be your pacesetter.

3. Learn to trust.

Learn to trust by following Jesus’ model. Study how Jesus lived and do when He did, and you’ll have the same kind of peace that Jesus had.

Learning is a process...it takes time. Your habits of a hurried, worried lifestyle didn’t start yesterday, and they won’t go away overnight. You’ve got to unlearn some old things. And you’ll have to learn some new things from Jesus.

- Jesus’ secret of peace: Humble Obedience to the Father.

If you are at the breaking point from overload, come to Jesus. Take up his yoke. Learn to trust. Let Jesus be your pacesetter and find rest for your soul.