

# Make the MOST

*even of*

STRESS

A close-up, black and white photograph of a pencil tip. The pencil is positioned vertically on the right side of the frame, with its tip pointing downwards. The tip is surrounded by a cloud of fine, dark shavings. Below the pencil tip, the word "STRESS" is written in a cursive, handwritten style on a light-colored surface. The background is a dark, textured surface with a fine, repeating pattern.

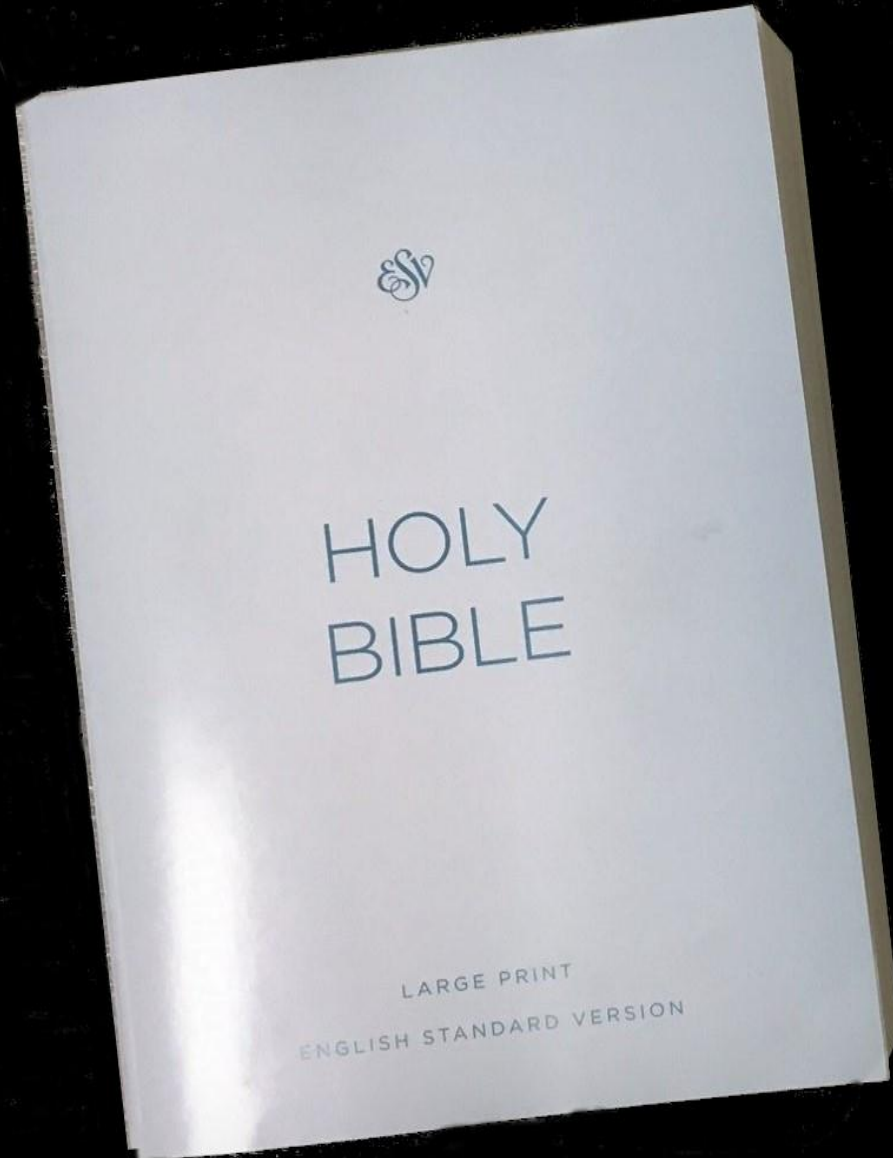
**The Apostle Peter's First Letter Teaches Us What to Stress When Distressed**

**WHAT TO STRESS (EMPHASIZE,  
HIGHLIGHT, OR GIVE  
PROMINENCE TO)**

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**WHEN DISTRESSED (SUFFERING  
FROM ANXIETY, SORROW, OR  
PAIN)**

**1 Peter  
2:1-10**



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ONE PHYSICIAN CONCLUDED IN A 1951  
ISSUE OF THE BRITISH MEDICAL JOURNAL  
THAT,

“**STRESS**, IN ADDITION TO BEING  
ITSELF, WAS ALSO THE CAUSE OF  
ITSELF, AND THE RESULT OF ITSELF.”

**STRESS ENSLAVES US**

**TRUTH SETS US FREE**

**JOHN 8:32**

## 1 PETER 1:22-23

**22** NOW THAT YOU HAVE PURIFIED YOURSELVES BY OBEYING THE **TRUTH** SO THAT YOU HAVE SINCERE LOVE FOR EACH OTHER, LOVE ONE ANOTHER DEEPLY, FROM THE HEART.**23** FOR YOU HAVE BEEN BORN AGAIN, NOT OF PERISHABLE SEED, BUT OF IMPERISHABLE, THROUGH THE LIVING AND ENDURING **WORD OF GOD.**

**SATAN IS THE  
FATHER OF LIES**

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**JOHN 8:44**

# TRUTH

**I HAVE SAID THESE THINGS TO YOU, THAT IN ME YOU MAY HAVE PEACE. IN THE WORLD YOU WILL HAVE TRIBULATION. BUT TAKE HEART; I HAVE OVERCOME THE WORLD.” JOHN 16:33**



## 1 PETER 2:9-10

BUT YOU ARE A **CHOSEN** RACE, A **ROYAL PRIESTHOOD**, A **HOLY NATION**, A PEOPLE FOR HIS OWN POSSESSION, THAT YOU MAY PROCLAIM THE EXCELLENCIES OF HIM WHO CALLED YOU OUT OF DARKNESS INTO HIS MARVELOUS LIGHT. ONCE YOU WERE NOT A PEOPLE, BUT NOW YOU ARE **GOD'S PEOPLE**; ONCE YOU HAD NOT RECEIVED MERCY, BUT NOW YOU HAVE **RECEIVED MERCY**.

**REMEMBER (AGAIN)**  
**WHO WE ARE 9-10**

## 1 PETER 2:4-8

AS YOU COME TO HIM, A **LIVING STONE** REJECTED BY MEN BUT IN THE SIGHT OF GOD CHOSEN AND PRECIOUS, YOU YOURSELVES LIKE LIVING STONES ARE BEING BUILT UP AS A SPIRITUAL HOUSE, TO BE A HOLY PRIESTHOOD, TO OFFER SPIRITUAL SACRIFICES ACCEPTABLE TO GOD THROUGH JESUS CHRIST. FOR IT STANDS IN SCRIPTURE:

“BEHOLD, I AM LAYING IN ZION A STONE, A **CORNERSTONE** CHOSEN AND PRECIOUS, AND WHOEVER BELIEVES IN HIM WILL NOT BE PUT TO SHAME.”

## 1 PETER 2:4-8

SO THE HONOR IS FOR YOU WHO BELIEVE, BUT FOR THOSE WHO DO NOT BELIEVE,

“THE STONE THAT THE BUILDERS REJECTED HAS BECOME THE **CORNERSTONE,**”

AND “**A STONE OF STUMBLING,** AND A ROCK OF OFFENSE.”

THEY STUMBLE BECAUSE THEY DISOBEY THE WORD, AS THEY WERE DESTINED TO DO.

**CHRIST IS THE  
FIRM FOUNDATION 4,6-8**

## 1 PETER 2:1-3, 5

SO PUT AWAY ALL MALICE AND ALL DECEIT AND HYPOCRISY AND ENVY AND ALL SLANDER. LIKE NEWBORN INFANTS, LONG FOR THE PURE SPIRITUAL MILK, THAT BY IT YOU MAY **GROW UP** INTO SALVATION— IF INDEED YOU HAVE TASTED THAT THE LORD IS GOOD.

YOU YOURSELVES LIKE LIVING STONES ARE **BEING BUILT UP** AS A SPIRITUAL HOUSE, TO BE A HOLY PRIESTHOOD, TO OFFER SPIRITUAL SACRIFICES ACCEPTABLE TO **GOD** THROUGH JESUS **CHRIST**.

**MADE FOR GROWTH 1-3,5**

## ISAIAH 28:15-19

BECAUSE YOU HAVE SAID, “WE HAVE MADE A COVENANT WITH DEATH, AND WITH SHEOL WE HAVE AN AGREEMENT, WHEN THE **OVERWHELMING WHIP [STRESS]** PASSES THROUGH IT WILL NOT COME TO US, FOR WE HAVE MADE **LIES** OUR REFUGE, AND IN **FALSEHOOD** WE HAVE TAKEN SHELTER”; THEREFORE THUS SAYS THE LORD GOD, “BEHOLD, I AM THE ONE WHO HAS LAID AS A FOUNDATION IN ZION, A STONE, A TESTED STONE, A PRECIOUS **CORNERSTONE**, OF A SURE FOUNDATION: ‘WHOEVER BELIEVES WILL NOT BE IN HASTE.’



## ISAIAH 28:15-19

AND I WILL MAKE JUSTICE THE LINE, AND RIGHTEOUSNESS THE PLUMB LINE; AND HAIL WILL SWEEP AWAY THE REFUGE OF **LIES**, AND WATERS WILL OVERWHELM THE SHELTER.” THEN YOUR COVENANT WITH DEATH WILL BE ANNULLED, AND YOUR AGREEMENT WITH SHEOL WILL NOT STAND; WHEN THE **OVERWHELMING SCOURGE [STRESS]** PASSES THROUGH, YOU WILL BE **BEATEN DOWN** BY IT.

**STRESS WILL  
BEAT US DOWN**

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**IF WE DO NOT STAND ON  
THE TRUTH**

**HOW?**