

## How to fix it “Stress Less” | Life Notes

- √ Stress, anxiety, and worry reveals what your mind conceals.
- √ At the other end of your rope is where trust is being tested.

How to Stress Less:

1. Recognize that there is more to life than the things you worry about.

Matthew 6:25 “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?”

1 Kings 19: 1- 4 “And Ahab told Jezebel all that Elijah had done, also how he had executed all the prophets with the sword. <sup>2</sup> Then Jezebel sent a messenger to Elijah, saying, “So let the gods do to me, and more also, if I do not make your life as the life of one of them by tomorrow about this time.” <sup>3</sup> And when he saw that, he arose and ran for his life, and went to Beersheba, which belongs to Judah, and left his servant there. <sup>4</sup> But he himself went a day’s journey into the wilderness, and came and sat down under a broom tree. And he prayed that he might die, and said, “It is enough! Now, Lord, take my life, for I am no better than my fathers!”

2. Realize that worry doesn’t help you solve your problems.

Matthew 6:27 “Can any one of you by worrying add a single hour to your life?”

3. Trust that God will take care of you because you are important to Him.

Matthew 6:26 “Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?”

Matthew 6:28b-30 “See how the flowers of the field grow. They do not labor or spin. <sup>29</sup> Yet I tell you that not even Solomon in all his splendor was dressed like one of these. <sup>30</sup> If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith?”

“MY GOD LOVES ME AND I AM IMPORTANT TO HIM.”

1 Kings 19:5-8 “Then as he lay and slept under a broom tree, suddenly an angel touched him, and said to him, “Arise *and* eat.” <sup>6</sup> Then he looked, and there by his head *was* a cake baked on coals, and a jar of water. So he ate and drank, and lay down again. <sup>7</sup> And the angel of the Lord came back the second time, and touched him, and said, “Arise *and* eat, because the journey *is* too great for you.” <sup>8</sup> So he arose, and ate and drank; and he went in the strength of that food forty days and forty nights as far as Horeb, the mountain of God.”

4. Make God the one you want most at the other end of your rope.

(Matthew 6:33 NIV) “But seek first his kingdom and his righteousness, and all these things will be given to you as well.”