

*Godly Help For The
Stressed, Worried,
Exhausted*

May 14, 2023

Godly Help For The Stressed, Worried, Exhausted

HELP ME: I'M STRESSED, WORRIED, TIRED

- **1 Peter 5:6–7 (NIV)** — **6** Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. **7** Cast all your anxiety on him because he cares for you.
- An Appropriate Message For These Days And Times

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- ***These Are Times Of Stress, Worry, And Exhaustion – Like We Have Never Seen Or Experienced Before***
- 27.3% of American adults have anxiety problems [3].
- 41.7% of young adults (18 to 29 years) suffer from anxiety [3].
- 94% of the workers feel stressed out at work [18].
- 60.76% of healthcare workers felt higher fear and anxiety levels due to COVID-19 virus exposure [27].
- *[3] CDC; [18] Wrike Inc, B. Hansen; [27] EClinicalMedicine – National survey*

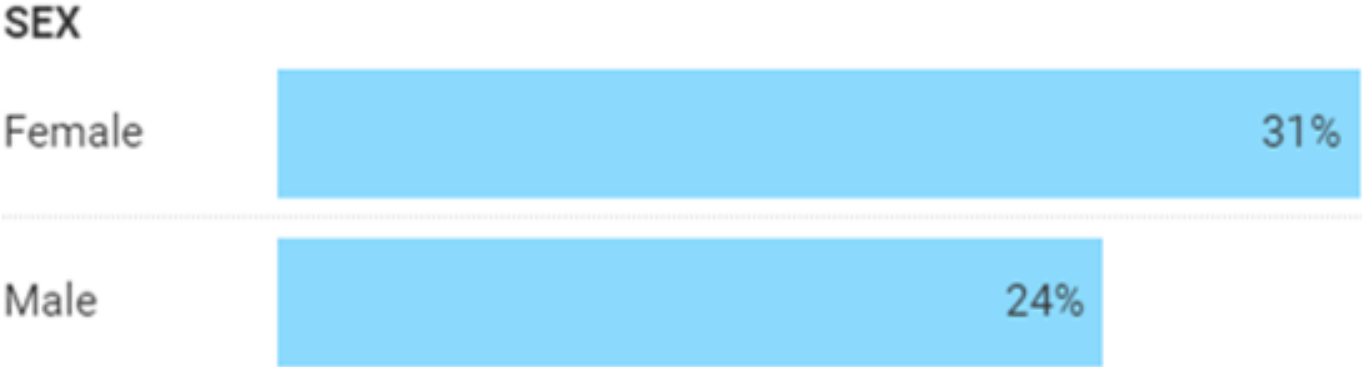
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The List Of Concerns Includes

- Poverty
- Unemployment
- Financial & Political Corruption
- Crime & Violence
- Healthcare
- Inflation
- Taxes
- Education
- Climate Change

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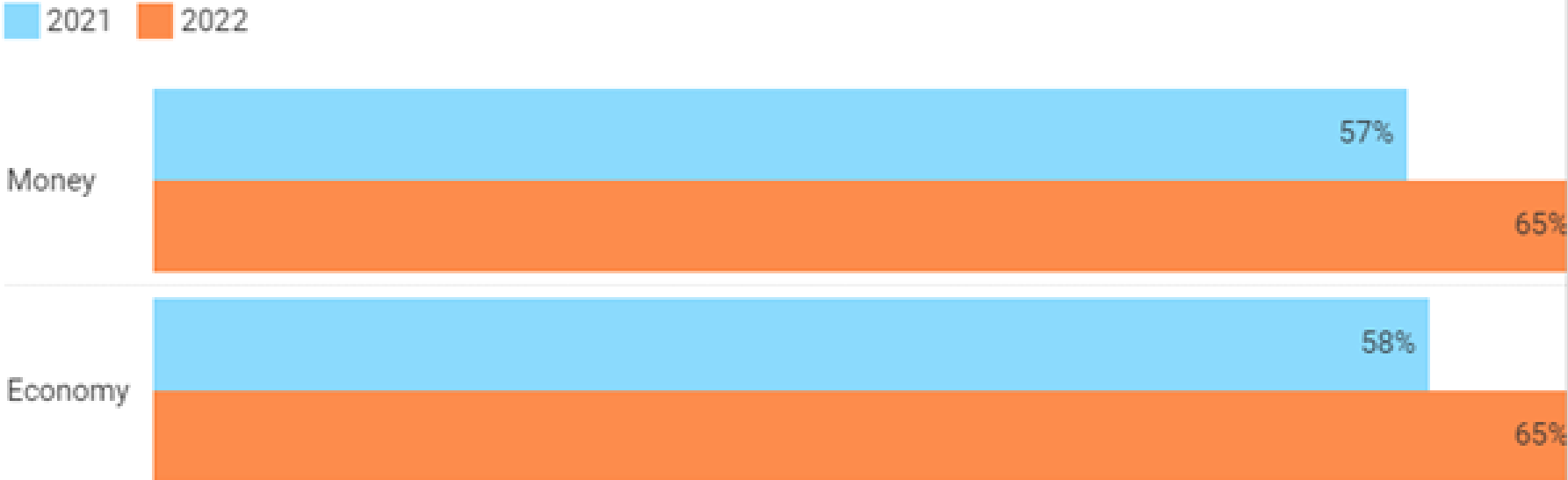
MORE WOMEN THAN MEN ARE AFFECTED BY ANXIETY



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Are Americans More Stressed Today?

From 2021 to 2022, anxiety about money and the economy increased by 8-point and 7-point percentages, respectively.



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ANXIETY OFTEN STEMS FROM COMMON RISK FACTORS :

- *Increased Stress*
- *Traumatic Events*
- *Low-Self Esteem*
- *Genetics*
- *Depression And Other Mental Health Disorders*
- *Substance Abuse – Including Drugs Or Alcohol*
- *Singlecare.com*

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- For Many People With Anxiety, Their Condition Affects Their Ability To Function In Everyday Life.
- Symptoms Can Include Restlessness, Feeling On-edge, Fatigue, Difficulty Concentrating, And Muscle Tension.
- singlecare.com

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- **Prescriptions for anti-anxiety drugs increased by 34.1%, up from about 2.3%. [2].**
- **Using anti-anxiety medications was higher in women at 39.6%, compared to men at 22.7% [2].**
- *America's State of Mind U.S. trends in medication use for depression, anxiety, and insomnia. (2020). Express Scripts. [2]*

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What Got Us Here? To Being Stressed, Worried Exhausted?

- The First Place To Check Is: Disobedience To God's Will
- Deuteronomy 28:65 (NIV) — 65 Among those nations you will find no repose, no resting place for the sole of your foot. There the LORD will give you an anxious mind, eyes weary with longing, and a despairing heart.
- Disobedience To God's Will Is Stress Producing

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Causes Of Stress:

- **Family Ties**
- **The Burden Of Leadership**
- **Threats Of Injury Or Violence**

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Causes Of Stress:

- **Unjust Leaders**
- **The Wickedness Of Others**
- **Academic Study**

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Stress Can Be Devastating

- ***Stress Can Weigh Us Down***
- ***Stress Can Affect Everything About Us***
- ***Stress Brings To Us: Weakness, Sorrow, Grief, Groaning, Affliction***

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The Companion To Stress Is Often Worry

- **Worry Is: Uneasiness And Anxiety About The Future**
- **John 14:1 (NIV) — 1 “Do not let your hearts be troubled. Trust in God; trust also in me.**

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- ***Jesus Dealt With The Issue Of Worry***
- **Matthew 6:25 (NIV)** — 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 important than food, and the body more important than clothes?”
- ***Worry Is Futile***
- **Matthew 6:27 (NIV)** — 27 Who of you by worrying can add a single hour to his life?

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People Who Worry Are Prone...

- *To Doubt*
- *To Disbelieve*
- *To Complain And Murmur*
- *To Not Trust God*

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Worry Can Weigh Us Down And Choke Out Life

- ***Martha Learned In Luke 10:38-42***
- ***Worry Can Distract Us From The Best Things Of God For Us.***

- ***While Martha Opened Her Home To Jesus***
- ***Mary Opened Her Heart To Jesus***

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Martha Was Distracted By Her “To Do List”

- She Was Discouraged, Irritated, And Worried
- If We Are Not Careful, The Works We Do Can Displace Worship

- Martha Wanted To “Do” Things For Him
- Mary Wanted To “Be” With Him

- Mary Wants To Worship
- Martha Has Just So Much To Do

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SIGNS THAT YOU MAY NEED MORE TIME WITH THE LORD

- frustration and irritability
- being uncomfortable with being quiet
- having a low joy threshold
- a sense of isolation feeling alone
- increased drivenness
- feeling dry and empty
- *Joanna Weaver – Having a Mary Heart in a Martha World*

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10 Ways To Win Over Worry

- 1. Separate Worry From Concern**
- 2. Don't Worry Alone – Spend Time W/ God –**
- 3. Take Care Of Your Body Physically**
- 4. Do What Is Right --- Forgiveness – Live Righteously**
- 5. Look On The Bright Side -- Refuse To Dwell On Negatives**

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6. Control Your Imagination

7. Prepare For That Which Is Unexpected – Do So Sensibly

8. Trust In God -- Put Him In The Equation

9. Meditate On His Promises

**10. Pray To The Lord – Stress, Worry, And Exhaustion Meet
Their Match In The Presence Of The Lord God Almighty**

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- **Psalm 55:22 (NIV) — 22** Cast your cares on the Lord and he will sustain you; he will never let the righteous fall.
- **1 Peter 5:7 (NIV) — 7** Cast all your anxiety on him because he cares for you.

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When Facing Times Of Stress:

- ***We Find Strength In The Lord***
- ***He Delivers Us From Distress***
- ***He Gives Us His Peace That Overcomes The World***
- ***He Consoles Us -- Lifts Our Burdens & Gives Us Rest***

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We Find Strength, Deliverance, Peace, & Overcoming In Him

- *His Peace Guards Our Hearts And Mind*
- *He Sustains Us And Keeps Us From Falling*
- *He Puts Joy In Our Hearts And Souls*

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- **Psalm 4:1 (NIV) — 1** Answer me when I call to you, O my righteous God. Give me relief from my distress; be merciful to me and hear my prayer.

- **Psalm 106:44 (NIV) — 44** But he took note of their distress when he heard their cry;