

Who You Gonna Call?



STRESS Busters

Session 1

STRESS from Worry

Review:

- **Everyone experiences stress**

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- **Overstress leads to burnout**

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- **Burnout symptoms:**

- Stomach problems
- Headaches / Muscle aches
- Chest pains, anxiety, anger, depression, etc.

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- **Panic attacks have similar symptoms but different causes**

Review:

- Everyone experiences stress
- Overstress leads to burnout
- Burnout symptoms
- Panic attacks have similar symptoms but different causes
- **Burnout victims need:**
 - **Knowledge, Change,
Faith adjustment**

What is Worry?

- A feeling of fear / happiness
- It is negative speculation
- It is different than concern

What Does Worry Accomplish?

- A. Produces over-stress
- B. Saps us of energy and enthusiasm
- C. Changes our focus from today to yesterday or tomorrow

“Therefore I say unto you, take no thought for your life, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?”

- Matthew 6:25

Behold the fowls of the air: for they sow not, neither do they reap, nor gather into barns; yet your heavenly Father feedeth them. Are ye not much better than they? Which of you by taking thought can add one cubit unto his stature? And why take ye thought for raiment? Consider the lilies of the field, how they grow; they toil not, neither do they spin:

- Matthew 6:26-28

and yet I say unto you, That even Solomon in all his glory was not arrayed like one of these. Wherefore, if God so clothe the grass of the field, which today is, and tomorrow is cast into the oven, shall he not much more clothe you, O ye of little faith?

- Matthew 6:29-30

Therefore take no thought saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed? (For after all these things do the Gentiles seek:) for your heavenly Father knoweth that you have need of all these things.

- Matthew 6:31-32

But seek ye first the kingdom of God,
and his righteousness; and all these
things shall be added unto you. Take
therefore no thought for the morrow:
for the morrow shall take thought for
the things of itself. Sufficient unto the
day is the evil thereof.

- Matthew 6:33-34

**Jesus gives us a different
perspective and alternate
action for worry.**

New Perspective and Action

1. A correct perspective
 - (vs. 25-32)

New Perspective and Action

1. A correct perspective
 - (vs. 25-32)
2. An attitude change
 - (vs. 33)

To avoid stress from worry we have to:

- Depend on God to provide for today.
- Focus on creating a clear conscience and not creating and hoarding wealth.

Converting Stress to Joy

My brethren, count it all joy when ye fall into divers temptations. Knowing this, that the trying of your faith worketh patience. But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.

- James 1:2-4

Perseverance Mode

NOT

Worry Mode

If any of you lack wisdom, let him ask of God, that giveth to all men liberally, and upbraideth not; and it shall be given him. But let him ask in faith, nothing wavering. For he that wavereth is like a wave of the sea driven with the wind and tossed.

- James 1:5-6

For let not that man think that he shall receive anything of the Lord. A double minded man is unstable in all his ways.

- James 1:7-8

**Knowing that trials can produce
positive spiritual gifts
(perseverance) short-circuits the
tendency to worry.**

Stress is largely caused by two things:

- A. We worry about providing for ourselves.
- B. We worry when trials interfere with our efforts to provide for ourselves.

Rx for Worry

1. God supplies what we need.
2. Replace perseverance for worry when facing trials.

NEXT

***Stress* from Work**