

***STRESS* Busters**

Session 3

***STRESS* from Failure**

There is no change in your
stress level until there is
change in your life.

First Steps:

- One day at a time
- Balance life and work

The Connection Between Failure and Stress

- Our society expects/demands success and this pressure to succeed causes stress.

Types of Stress from Failure

1. Stress caused by failure

Types of Stress from Failure

1. Stress caused by failure

**2. Stress cause by
fear of failure**

Stress Caused by Failure

A. Understand that failure is normal

For all have sinned, and come
short of the glory of God;

- Romans 3:23

Stress Caused by Failure

- A. Understand that failure is normal**
 - helps us to be merciful toward ourselves and others
 - gives us direction
 - challenges us to search

Stress Caused by Failure

A. Understand that failure is normal

B. Failure is a good teacher

Failure is a Good Teacher

- **Helps us to know God**

A Psalm of David, Maschil. Blessed is he whose transgression is forgiven, whose sin is covered. Blessed is the man unto whom the LORD imputeth not iniquity, and in whose spirit there is no guile.

- Psalm 32:1-2

When I kept silence, my bones waxed old through my roaring all the day long. For day and night thy hand was heavy upon me: my moisture is turned into the drought of summer. Selah.

- Psalm 32:3-4

I acknowledged my sin unto thee, and mine iniquity have I not hid. I said, I will confess my transgressions unto the LORD; and thou forgavest the iniquity of my sin. Selah. For this shall every one that is godly pray unto thee in a time when thou mayest be found: surely in the floods of great waters they shall not come nigh unto him.

- Psalm 32:5-6

Thou art my hiding place; thou shalt preserve me from trouble; thou shalt compass me about with songs of deliverance. Selah. I will instruct thee and teach thee in the way which thou shalt go: I will guide thee with mine eye.

- Psalm 32:7-8

Be ye not as the horse, or as the mule,
which have no understanding: whose
mouth must be held in with bit and bridle,
lest they come near unto thee. Many
sorrows shall be to the wicked: but he
that trusteth in the LORD, mercy shall
compass him about.

- Psalm 32:9-10

Be glad in the LORD, and rejoice, ye
righteous: and shout for joy, all ye that
are upright in heart.

- Psalm 32:11

Failure is a Good Teacher

- Helps us to know God
- **We can learn
about ourselves**

Failure is a Good Teacher

- Helps us to know God
- We can learn about ourselves
- **We can learn what
is important**

Summary

- Failure / fear of failure = stress
- The world is unkind to failure
- Understand that failure is normal
- Let failure teach you, not destroy you

Spiritual Exercise

1. Think of your worst failure

Spiritual Exercise

1. Think of your worst failure

2. Ask God to forgive you

Spiritual Exercise

1. Think of your worst failure
2. Ask God to forgive you
- 3. Write down two things you learned from this failure**

Spiritual Exercise

1. Think of your worst failure
2. Ask God to forgive you
3. Write down two things you learned
- 4. Move on with your life**

Next Session

STRESS from **Conflict**