



*Stress
Anxiety
Depression
& Your Faith*

1. Everyday is not a good day
2. The economy surges and declines-loved ones go off to war-we hear a bump in the night
3. Whatever the case – we feel the sense that we are out of control.

We have never really been in control and when the reality of the situations is staring us in the face personally and nationally, it is frightening.

4. Defining the terms:

- A. Stress is a normal response to a threatening situation (fight, flight, freeze)
- B. Anxiety is largely worrying over the things that are beyond our control.
- C. The stress response is the same with both (higher heart rate, sweaty palms, churning stomach). The result is a heightened state of awareness.
- D. Problem with ANTS (Automatic Negative Thoughts)

5. The body does not know the difference between an imagined threat and a real one. Stress prepares your body to respond to a real or perceived danger.
6. Anxiety makes your body think there is real danger.

I. Consider Jesus

-Can one have stress without anxiety?

A. He is the God – man who came to show us how to live in this body and life.

B. Tempted in all points like we are (Heb. 4:15).
Yet, without sin.

C. Some of His stressors

1. Some of His brothers did not believe Him.
2. Face to Face with Satan in wilderness (Matt. 4:1 -11)
3. Followers tried to exploit Him (Jn. 6:15,26,66)
4. His enemies tried to trick Him (Mk. 12:13)
5. Enraged by abuses in the temple area (Mt. 21:12)
6. Betrayal (Jn. 13:21, 27: 18:2, 3)
7. Disappointment from his closest followers (Mt. 26:69-75)
8. Death Threats (Jn. 5:18; Mt. 26:4,5)
9. Pressing knowledge of His pending death for 33 years (Mt. 26:1,2)

10. Sweat as blood over his bearing sin.
11. Turned on by one of His closest followers – Peter (the look)
12. Forsaken by God (Mt. 27:46)

D. These were stressful moments. Yet, He taught us not to be anxious (Matt. 6)

E. I suggest that stress is a part of life- Anxiety should never become a part of our life.

5. The body does not know the difference between an imagined threat and a real one. Stress prepares your body to respond to a real or perceived danger.

6. Anxiety makes

II. How did He handle stress without Anxiety?

- A. Keep life simple
- B. Fasting and prayer
- C. Meditation
- D. Mentoring others (disciples)
- E. Expressed His feelings when appropriate (Jn. 2:13-17 anger at injustices, tears, love, compassion, showed total honesty)

- F. Held His peace when inappropriate to express (as a lamb dumb before His shearers) (Md. 14:61)
- G. Refused to get drawn into the traps of others (Jn. 10:30)
- H. Remembered His mission (Jn. 6:38; Mt. 26:39, 42,43)
- I. Did not let situations push His decisions (Jn. 11:6)
- J. Social being (engaged others in conversation- Jn. 4:6 ff Women at well; John 2:1, 2)
- K. Lessons from nature (lillies, birds)
- L. Let go of what you cannot control (hair of your head, height)

- M. Levels of friends (Jn. 11:3; Peter, James, John)
- N. Accepted that not everyone would like Him (Matt. 23)
- O. Kept family in perspective (blended family, unbelieving and believing siblings, mom's boundaries)
- P. Service work (came to seek and save the lost, washing feet) (Jn. 12:5)
- Q. Left a legacy (purpose for and evidence He lived)
- R. Lived in the day
- S. Kept the problems of others where they belonged (with the persons)
- T. Did not do for others what they could do for themselves
- U. Remembered the BIG picture in the middle of daily details (came to do will of my Father)

III. Let's look at His Teachings

A. Matthew 6

B. Phil. 4:6 – the command – the action-
the promise

IV. This is a Big order – How do I change?

- A. What environment do you live in? People, places, things
- B. What does your mind feed on? (chaos, drama, stinking thinking) (Mt. 15:18-20)
- C. What unfinished business haunts you? Hiding?
- D. How real are you?
- E. What are you running from?
- F. HOW – Honest, open and willing
- G. Live in the day (Mt. 6:34) (James 4:13-17)

V. Finally

- A. Remember who is in charge
- B. Stand Still, Wait upon Jehovah
- C. Power of music (soothed his soul)
- D. Gratitude attitude
- E. What the mind dwells on, the body acts on
(Prov. 23:7)
- F. Pray