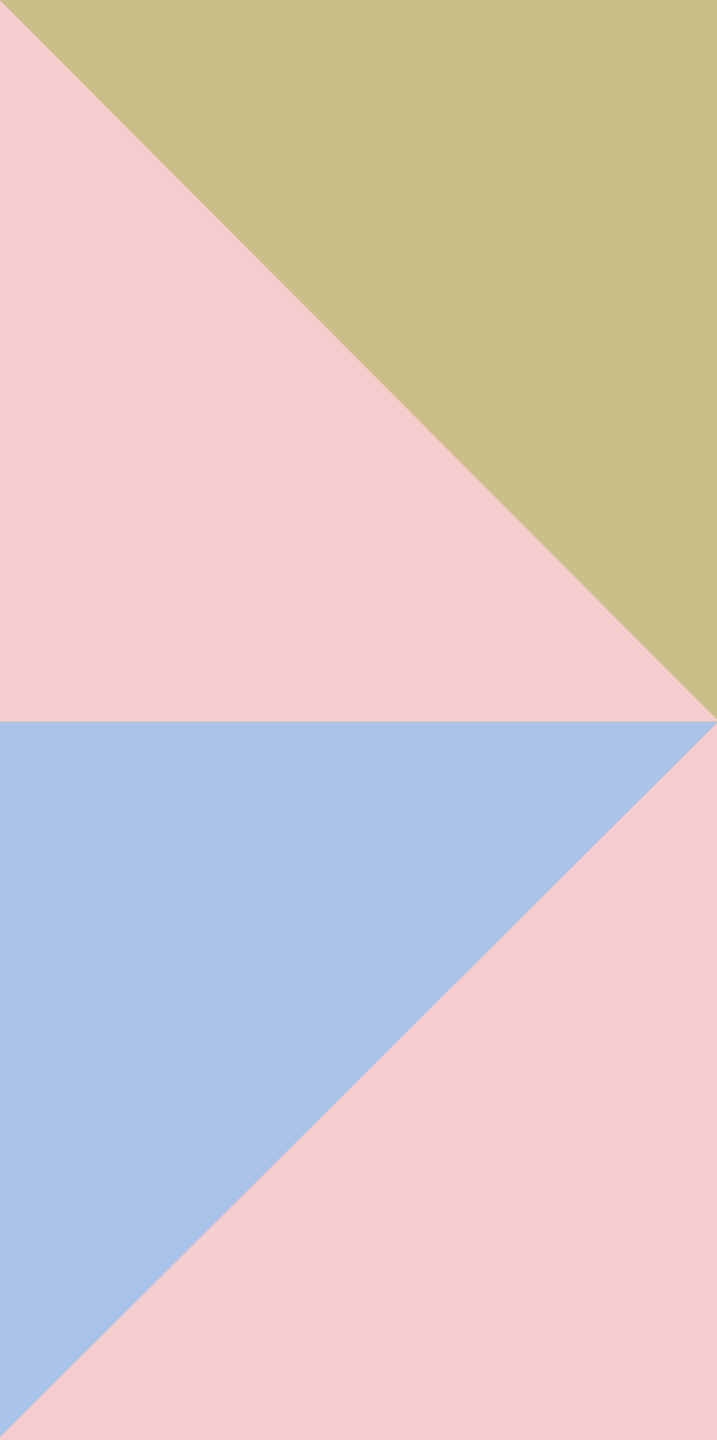


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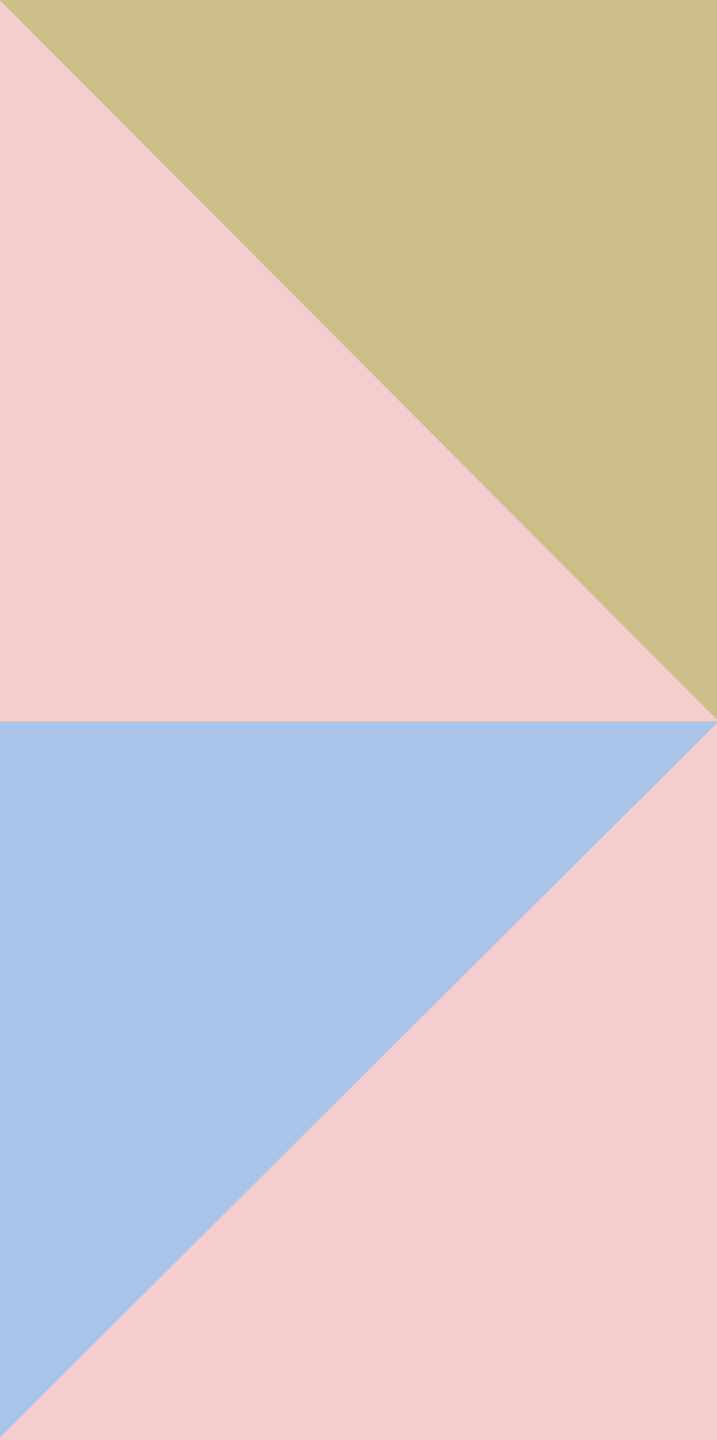
# SUSERS





Reasons Stress **MUST** be kept  
under control as a believer:

- For healthy relationships
- For your physical, mental and spiritual health
- For you to carry **REVIVAL**



## Psalm 118:13-14

**13** I was pushed back and about to fall, but the LORD helped me.

**14** The LORD is my strength and my defense; he has become my salvation.

# What are the classic clauses of Stress?

## 1. CONFLICT

- Opposing values of family and friends
- Anger in relationships
- Unrealistic expectations of another person
- Lack of open communication in relationships

## What are the classic clauses of Stress?

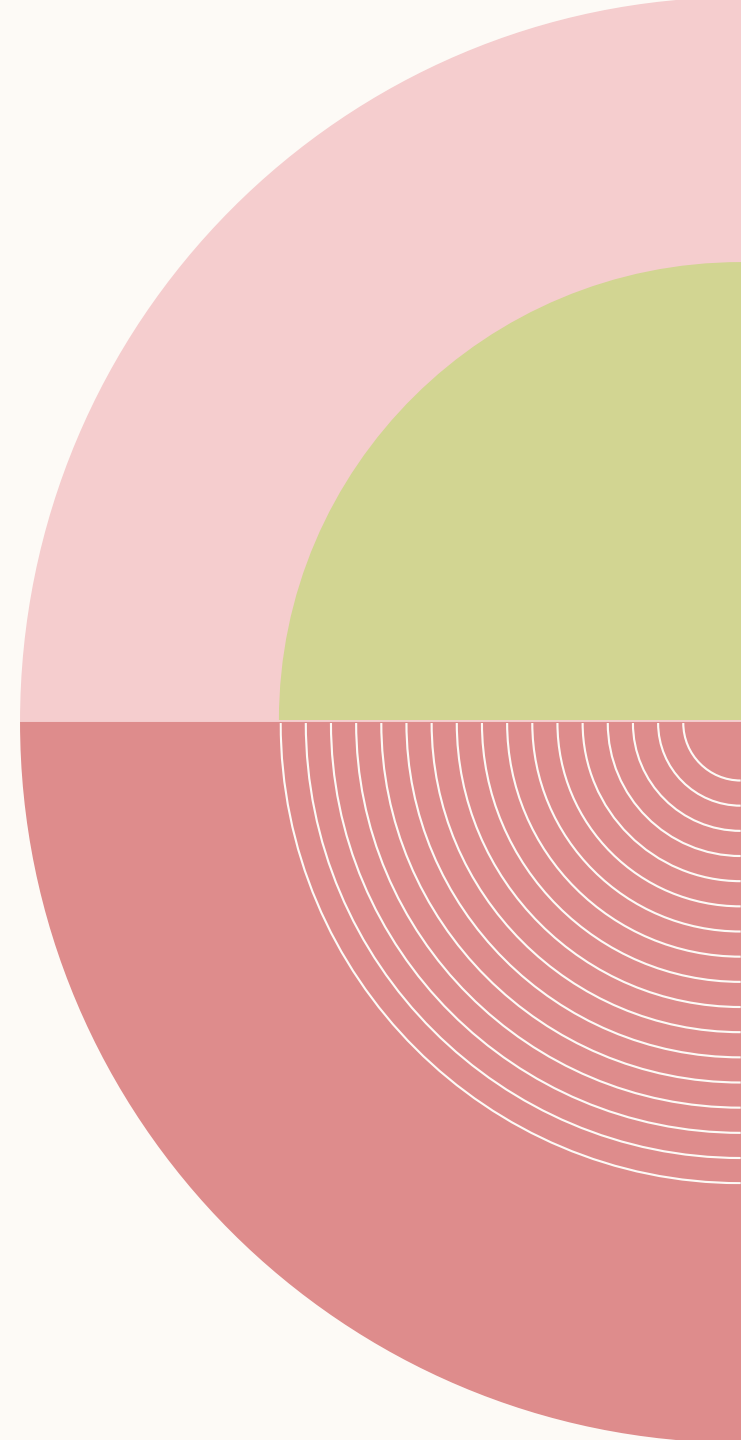
2 Corinthians 11:23-24

Are they servants of Christ? (I am out of my mind to talk like this.) I am more. I have worked much harder, been in prison more frequently, been flogged more severely, and been exposed to death again and again. <sup>24</sup> Five times I received from the Jews the forty lashes minus one.

# What are the classic clauses of Stress?

## 2. CRISIS

- Death of a friend or family member
- Separation or divorce
- Severe illness or sudden handicap
- Unexpected trauma of any kind



# What are the classic clauses of Stress?

2 Corinthians 11:25

Three times I was beaten with rods, once I was pelted with stones, three times I was shipwrecked, I spent a night and a day in the open sea,

# What are the classic causes of Stress?

## 3. CHANGE

- Change in environment or employment
- Change in financial or marital status
- Change in cultural or spiritual values
- Change in sleeping and health habits



# What are the classic clauses of Stress?

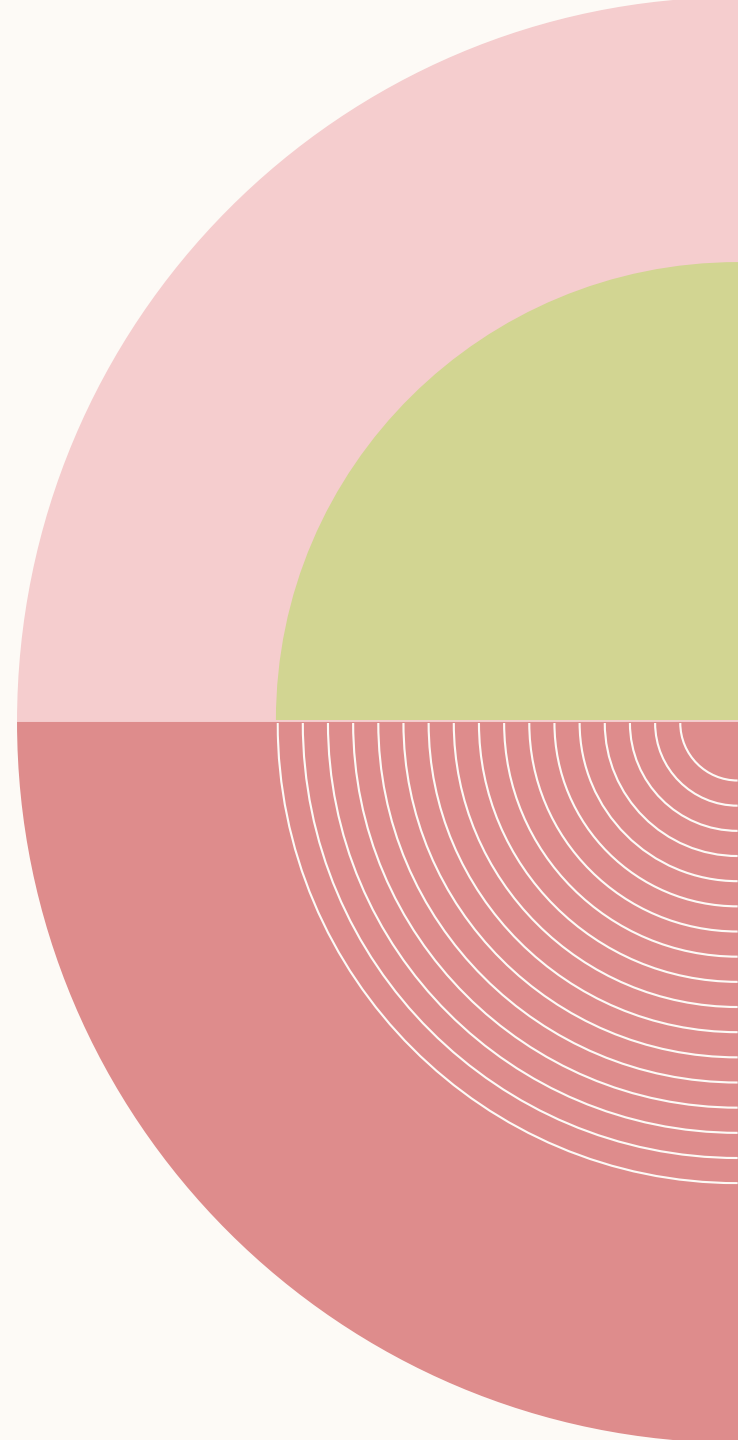
2 Corinthians 11:26a-27

I have been constantly on the move... <sup>27</sup> I have labored and toiled and have often gone without sleep; I have known hunger and thirst and have often gone without food; I have been cold and naked.

# What are the classic clauses of Stress?

## 4. Condemnation

- Rejection by others
- Lack of support
- Betrayal of a friend
- False accusations by family members



## What are the classic clauses of Stress?

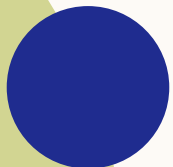
### 2 Corinthians 11:26-27

I have been in danger from rivers, in danger from bandits, in danger from my fellow Jews, in danger from Gentiles; in danger in the city, in danger in the country, in danger at sea; and in danger from false believers.

# What are the classic clauses of Stress?

## 5. Concerns

- Unsaved or rebellious loved ones
- Unpredictable or uncertain future
- Recent or frequent fear of failures
- Perfectionism or excessive attention to details



What are the classic clauses of Stress?

2 Corinthians 11:28

Besides everything else, I face daily the pressure of my concern for all the churches.

# What are the classic clauses of Stress?

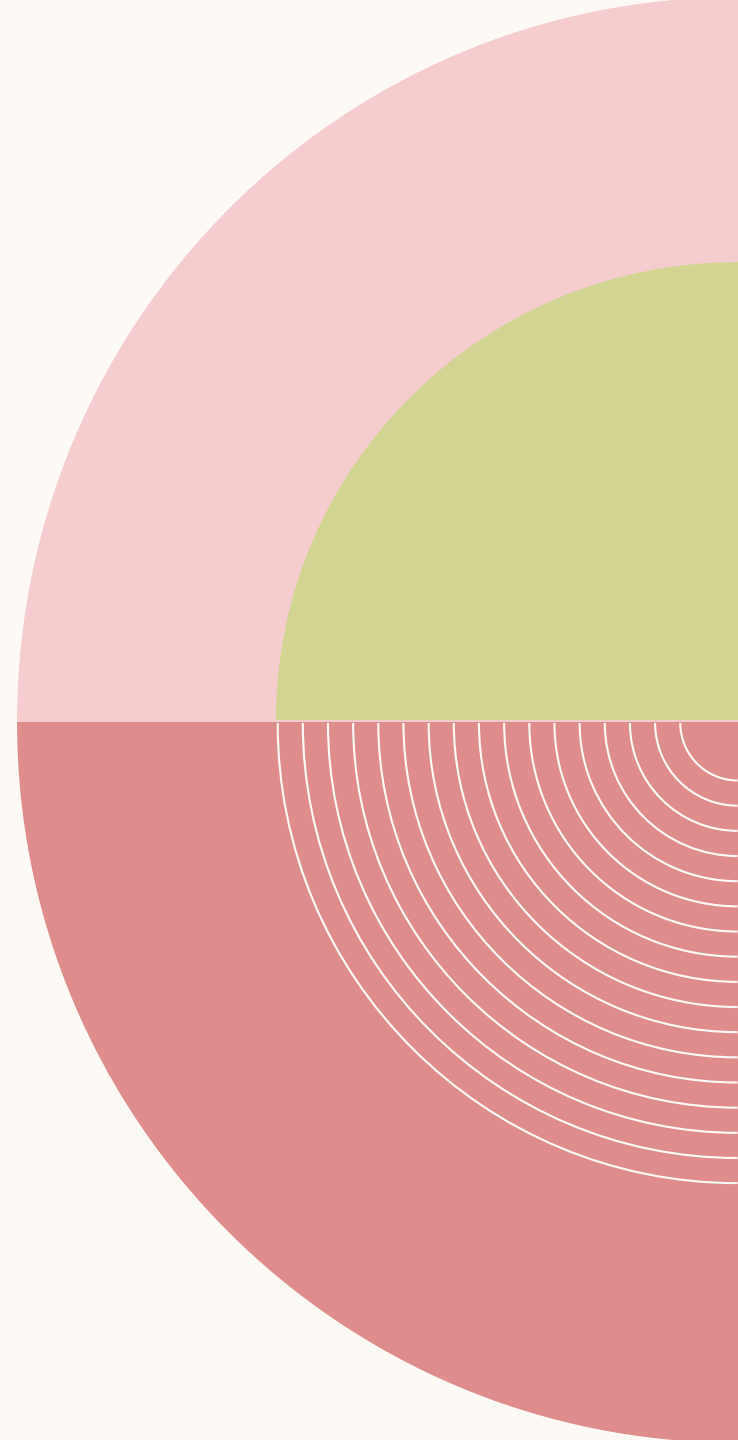
## 6. Competition

- Self-acceptance based on superior performance
- Comparison between family, friends or coworkers
- Envy or jealousy
- Significance or security

What are the classic clauses of Stress?

2 Corinthians 11:30

If I must boast, I will  
boast of the things that  
show my weakness.





## Biblical Answers To Stress

Matthew 6:34

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.





# Biblical Answers To Stress

Matthew 11:28

Come unto me, all ye that labor  
and are heavy laden, and I will  
give you rest.

# Biblical Answers To Stress

## Philippians 4:6

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God.



# Biblical Answers To Stress

Isaiah 41:10

Fear thou not; for I am with thee:  
be not dismayed; for I am thy  
God: I will strengthen thee; yea, I  
will help thee; yea, I will uphold  
thee with the right hand of my  
righteousness.

