

## **What does the Bible say about overcoming stress?**

The Week of September 24, 2017

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If you do a search of the New Revised Standard Version (NRSV) of the Bible, you will only find two mentions of the word *stress*: the stress of battle (Isaiah 21:15) and the stress Jesus endures as he approaches Jerusalem and the cross (Luke 12:50). However, the Bible does speak about the anxiety, worry, and trouble that cause stress in our lives.

### **Read Matthew 6:24-34. No one can serve two masters...**

Who are the two masters seeking allegiance in verse 24?

Verse 25 starts with *Therefore*, tying it to verse 24. What does Jesus tell his disciples they shouldn't worry about?

Are these things unimportant?

How will the disciples be provisioned with the things they need?

How does this passage characterize a servant of wealth?

How does this passage characterize a servant of God?

### **Read Matthew 13:1-9; 18-23 That same day Jesus went out of the house...**

What does this passage say about the trouble we will encounter on account of the word of the kingdom of God?

What is the reward for the one who perseveres?

What effect does obsessing over the world and wealth have on the word?

### **Read Proverbs 3:1-12. My child, do not forget my teaching...**

Our standing in society can be a big source of stress. How is one to find favor and a good reputation with God and people?

What two masters seek to guide one's steps in this passage?

What benefits are there in trusting in the Lord?

What does it mean to 'honor the Lord with your substance'?

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What is promised in return?

Who assumes the burden of provision in this passage?

### **Read Philippians 4:4-7. Rejoice in the Lord always...**

What are the Philippian Christians to do when they are worried?

Who is nearby to provide relief in times of trouble?

What blessing is ready to be given even as they face trouble?

How would you describe the attitude toward God that Paul commends?

### **Read Exodus 31:13-17. You are to speak to the people of Israel and say...**

Based on the penalty for violating this rule, how important is the commandment to keep the Sabbath?

What are the people of Israel supposed to remember as they keep Sabbath?

What happens to us today when we fail to keep Sabbath rest?

### **Read John 14:1-7. Do not let your hearts be troubled.**

This passage deals with one of our chief stressors in life. Where is Jesus preparing to go?

What promise does Jesus make to his disciples?

What must the disciples do to go where Jesus is going?

### **Application**

Based on what you have read and heard, how is God speaking to you in this study?

Is God asking you to do something? Is God asking you to change in any way?