

BREAKING POINT

ANXIOUS FOR NOTHING

Myths About Stress:

Myth #1 - Stress related symptoms are all in my head and therefore can't really hurt me.

Myth #2 - Only weak people suffer from stress.

Myth #3 - I am not responsible for the stress in my life.

Myth #4 - I always know when I begin to suffer from excessive stress.

Myth #5 - It is easy to identify the causes of excessive stress.

Myth #6 - All people respond to stress the same way.

Myth #7 - When I begin to suffer from excessive stress, all I have to do is to sit down and relax.

_____ (Good stress) - physical, mental, or emotional tension that is caused by something positive or is psychologically or physically beneficial.

_____ Stress - physical response to sudden terrifying or traumatic event. It causes a sudden discharge of adrenaline into the body that activates that sympathetic nervous system creating an increase in heart and breathing rates and constricting blood vessels in preparation for the "fight or flight response."

_____ Stress - long-term or continuous state of nervous arousal where an individual perceives that the demands on them are greater than their ability to meet those demands. Over time, this can cause all sorts of physical problems as well as emotional issues.

_____ - great pain, anxiety, or sorrow; acute physical or mental suffering; affliction; trouble

Philippians 4:6 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. **7** Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. (NLT)

HOW DO I BIBLICALLY DEAL WITH STRESS?

_____ Of _____

1 Kings 19:1 When Ahab got home, he told Jezebel everything Elijah had done, including the way he had killed all the prophets of Baal. **2** So Jezebel sent this message to Elijah: "May the gods strike me and even kill me if by this time tomorrow I have not killed you just as you killed them." **3** Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. (NLT)

_____ **Fear**

John 14:27 "I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid." (NLT)

1 Kings 19:4a Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die... (NLT)

Worth

1 Kings 19:4b ...“I have had enough, Lord,” he said. “Take my life, for I am no better than my ancestors who have already died.” (NLT)

Dreams

1 Kings 19:10a Elijah replied, “I have zealously served the Lord God Almighty. But the people of Israel have broken their covenant with you, torn down your altars,... (NLT)

Work

1 Kings 19:10b ...and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too.” (NLT)

Problems

Over

1 Kings 19:5 Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, “Get up and eat!” **6** He looked around and there beside his head was

some bread baked on hot stones and a jar of water! So he ate and drank and lay down again. **7** Then the angel of the Lord came again and touched him and said, “Get up and eat some more, or the journey ahead will be too much for you.” **8** So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to Mount Sinai, the mountain of God. (NLT)

Your Body

1 Kings 19:10 Elijah replied, “I have zealously served the Lord God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too.” (NLT)

Your Frustrations

Psalms 118:5 In my distress I prayed to the Lord, and the Lord answered me and set me free. **6** The Lord is for me, so I will have no fear. What can mere people do to me? (NLT)

1 Kings 19:11 “Go out and stand before me on the mountain,” the Lord told him. And as Elijah stood there, the Lord passed by, and a mighty windstorm hit the mountain. It was such a terrible blast that the rocks were torn loose, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. **12** And after the earthquake there was a fire, but the Lord was not in the fire. And after the fire there was the sound of a gentle whisper. (NLT)

On God

John 16:33 "I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world." (NLT)

1 Kings 19:13 When Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave. And a voice said, "What are you doing here, Elijah?" **14** He replied again, "I have zealously served the Lord God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too." **15** Then the Lord told him, "Go back the same way you came, and travel to the wilderness of Damascus. When you arrive there, anoint Hazael to be king of Aram. **16** Then anoint Jehu grandson of Nimshi to be king of Israel, and anoint Elisha son of Shaphat from the town of Abel-meholah to replace you as my prophet. **17** Anyone who escapes from Hazael will be killed by Jehu, and those who escape Jehu will be killed by Elisha!" (NLT)

Serving Others With Others

1 Kings 19:18 Yet I will preserve 7,000 others in Israel who have never bowed down to Baal or kissed him!" (NLT)

That You Do Not See The Whole Picture

Matthew 6:34 "So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today." (NLT)

Ask Our Kids...

WHATCHAGOTTAKNOW??

I will come into God's presence
when I feel stressed out!

Luke 10:38 As Jesus and the disciples continued on their way to Jerusalem, they came to a certain village where a woman named Martha welcomed him into her home. **39** Her sister, Mary, sat at the Lord's feet, listening to what he taught. **40** But Martha was distracted by the big dinner she was preparing. She came to Jesus and said, "Lord, doesn't it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me." **41** But the Lord said to her, "My dear Martha, you are worried and upset over all these details! **42** There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her." (NLT)

2022 Devotions:
Ohio For Jesus
Prayer Guide: Week #17