

# Bless This Stress

**Stress is good when it helps us grow stronger.**

*We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. And endurance develops strength of character, and character strengthens our confident hope...*

Romans 5:3-4 NLT

## How to keep stress from tearing us down

### 1. Care deeply, but don't give in to worry.

Philippians 2:20 RSV

*Can all your worries add a single moment to your life?... So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.*

Matthew 6:27, 34 NLT

**Worry is: Unhealthy**

**Unhelpful**

**Unreasonable**

**Unnecessary**

### 2. Learn to trust God more than circumstances or self.

*Give all your worries and cares to God, for he cares about you.*

1 Peter 5:7 NLT

Psalms 91:1-2 NLT

### 3. Learn the practices of peace.

Isaiah 26:3

- **Start your day the right way.**

*Listen to my voice in the morning, LORD. Each morning I bring my requests to you and wait expectantly.* Psalm 5:3 NLT

- **Meditation is for Christians, too.**

*I will think about all that you have done; I will meditate on all your mighty acts.* Psalm 77:12 GNT

- **Decide what you truly value in life.**

*It is better to have only a little, with peace of mind, than be busy all the time with both hands, trying to catch the wind.* Ecclesiastes 4:6 GNT

- **Cultivate friends.**

*Anxiety weighs down the heart, but a kind word cheers it up.* Proverbs 12:25

- **Remember the importance of rest.**

*Come to me, all you who are weary and burdened, and I will give you rest.* Matthew 11:28

Philippians 4:6-7 NIV