

Finding Strength in the Stress
Let's Talk About It...
October 13, 2024

Theme: It's ALWAYS something... Pressure > Capacity = STRESS

- Philippians 4:13

- Truth: I CAN'T control what happens to me, but with God's help I CAN choose my response.
- Stages of stress:
 1. SHOCK - Disorienting - Ecclesiastes 4:9-10
 - ✓ When life falls apart, don't run from God and people, RUN TO them.
 2. SORROW - Overwhelmed/ exploited - Psalm 61:1-2
 - ✓ Worship reminds us how much BIGGER GOD is than whatever we're facing.
 3. STRUGGLE - Problem focused - Hebrews 11:35-40
 - ✓ When it feels like this life is falling apart, we can remember THE LIFE TO COME.
 4. SURRENDER - Let go, start healing - Proverbs 3:5-6
 - ✓ Choosing to trust God puts us on the pathway to PEACE.
 5. SANCTIFICATION - Good from bad - Romans 5:3-4
 - ✓ Our situations aren't a jail that traps us, it's a school that SHAPES US.
 6. SERVICE - Useful pain - 2 Corinthians 1:3-4
 - ✓ There is always PURPOSE in our pain.