



"Fed Up – Stressed Out"
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Stress is most often triggered by: 1) A Threatening Situation
2) A Major Change

When I am "Living in the eye of the storm,"
how can I manage my stress to keep from being
sucked in, washed up and blown away?

1. IN MY RELATIONSHIPS:

"I urge Euodia and Syntyche to iron out their differences and make up. God doesn't want His children holding grudges. And, oh, yes, Syzygus, since you're right there... help them work things out..."

Philippians 4:2-3 (MSG)

*"If it is possible, as far as it depends on you,
live at peace with everyone."*

Romans 12:18 (NIV)

2. IN MY ATTITUDE:

"Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near."

Philippians 4:4-5 (NIV)

"My grace is sufficient for you, for my power is made perfect in weakness.' Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong."

2 Corinthians 12:9-10 (NIV)

3. IN MY REACTIONS:

"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Philippians 4:6-7 (NIV)

"Cast all your anxiety on Him because He cares for you."

1 Peter 5:6-7 (NIV)

Answer key

1. IN MY RELATIONSHIPS: I WILL WORK TO KEEP THEM STRONG
2. IN MY ATTITUDE: I AM DETERMINED TO LIVE JOYFULLY
3. IN MY REACTIONS: I WILL OFFLOAD ON GOD