

NEW LIFE BIBLE CHURCH

A FAMILY FRIENDLY, NEVER ALONE, PURPOSE DRIVEN CHURCH

“HOW TO COPE WITH STRESS IN A STRESSFUL WORLD ”

Allen S. McLauchlin, Pastor

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STRESS: Anything that disrupts your normal life and your body's response.

TO COPE: The ability to face and deal with responsibilities, problems, and difficulties in a successful, calm and adequate manner.

I know how to deal with disruptions and stressful situations in my life, because I have learned the secret of contentment. Philippians 4:12

1. Bare your soul completely to God and become brutally honest.

His eyes are a flame of fire. Revelation 19:12a

Are not five sparrows sold for two pennies? Yet not one of them is forgotten by God. Indeed, the very hairs of your head are all numbered. Don't be afraid be honest with God. Luke 12:6,7

Open up before God, keep nothing back; he'll do whatever needs to be done: Cry out to the Lord
and he will sustain you
Psalm 37:5,6
;
Psalm 55:22

Behold, You desire truth in my innermost being. Evening, morning and noon I open up in distress, and he hears my voice. Psalm 51:6a; Psalm 55:17

For I know my transgressions, and my sin is always before me. Against you, you only, have I sinned and done what is evil in your sight; so you are right in your verdict and justified when you judge. Psalm 51:3

Search me, O •God, and know my heart; and know my thoughts; And see if there be any grievous way in me; and lead me in the way everlasting. 139:23,24

2. Accept the fact that God can solve every problem.

On His head are many diadems; and He has a name written on Him which no one knows except Himself. Revelation 19:12b And on His robe and on His thigh He has a name written, “KING OF KINGS, AND LORD OF LORDS.” Revelation 19:16

Cast all your anxiety on him because he cares for you. 1 Peter 5:7

You will not have to fight this battle. Take up your positions; stand firm and see the deliverance the Lord will give you, Do not be afraid; do not be discouraged to face tomorrow, because the Lord will be with you.’ 2 Chronicles 20:17

Everyone who lives in me and believes in me will never ever die. Do you believe this, Martha?” John 11:26

The centurion answered and said, Lord, I am not fit that thou should enter under my roof; but only speak a word, and my servant shall be healed. Matthew 8:5

3. Visualize the victory even through the pains of the battle.

He is dressed in a robe dipped in blood, and his name is the Word of God. The armies of heaven were following him, riding on white horses and dressed in fine linen, white and clean. Revelation 19:13,14

For every child of God defeats this evil world, and we achieve this victory through our faith. 1 John 5:4

For I know that my Redeemer lives, And He shall stand at last on the earth; And after my skin is destroyed, this I know, That in my flesh I shall see God. Job 19:25,26

But Stephen, full of the Holy Spirit, gazed steadily into heaven and saw the glory of God, and he saw Jesus standing in the place of honor at God's right hand. And he told them, "Look, I see the heavens opened and the Son of Man standing in the place of honor at God's right hand!" Acts 7:55,56

4. Use THE WORD daily as your source of strength, power and protection.

From his mouth came a sharp sword to strike down the nations. He will rule them with an iron rod. He will release the fierce wrath of God, the Almighty, like juice flowing from a winepress. Revelation 19:15

Make every effort to enter that rest, for THE WORD of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. Hebrews 4:11-12

When your words came, I ate(lived them) them; they were my joy and my heart's delight, for I bear your name, Lord God Almighty. Jeremiah 15:16

Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. Joshua 1:8

THE SECRET: Contentment comes to the one whose delight is in the WORD of the Lord, and who meditates on His WORD day and night.

Psalms 1:12