



SER 11/22/09 AM

- I. **CONCENTRATE ON THINGS THAT ARE CALMING**
 - A. Life today, for many, is fast paced, noisy, and confusing.
 - B. The Bible encourages us to slow down to regroup and pray when life gets jumbled (Phil.4:6-8; cf. Mt.6:1ff; 14:23; Lk.6:12).
 - C. Deal with stress by concentrating on calming influences.
- II. **COOPERATE WITH INEVITABLE CONDITIONS**
 - A. Many Christians suffer stress because they struggle with and fight against inevitable conditions.
 - B. Jesus conquered stress because He did not fret about difficult situations; He simply turned impossibilities into opportunities (Jn.8:1-11; Mt.21:23-37; 18:1-5).
 - C. Deal with stress by cooperating with inevitable conditions.
- III. **COMFORT OTHERS WHO HAVE CONFLICTS**
 - A. Many Christians, because they are too focused on self, fail to realize that their situation is not all that bad.
 - B. Jesus did not have a place to truly call home on this earth, but never ceased to show compassion to those who were going through difficulties in life (Mt.9:36; 14:14).
 - C. Deal with stress by comforting those who have conflicts (2 Cor.1:4).
- IV. **CONSTANTLY TRUST GOD WITH ALL CONCERNS**
 - A. Sometimes, through stress, we may not always feel God's presence, but through faith we know He is near.
 - B. Satan wants us to turn away from God in times of stress (1 Pet.5:8), and God wants us to turn to Him (Jas.4:4-8; Heb.13:5).
 - C. Deal with stress by handing your problems over to God (1 Pet.5:6-7).