



## Bible Study

Wednesday, March 2, 2022

### The Stressless Life

(Based on the book by Vance Pitman)

Stress steals our joy, interrupts our sleep, affects our relationships, and wears us down. We cannot escape the realities and relationships that cause stress, so we must find a way to deal with it. That's the focus of this new Bible Study series.

#### I. What is Stress?

- Physical, mental, and emotional strain that causes anxiety, worry and tension; when life's demands seem greater than our ability to meet them.

#### II. What is the difference between Stressors and Stress?

- **Stressors** are what we **face**, i.e., cancer, loss of a job, divorce, pandemics, etc.
- **Stress** is what we **feel** or how we **react** to stressors, i.e., worry, anxiety, tension.

#### III. Christians are not immune to difficult situations that lead to stress.

- The Bible is clear that as Believers, we should expect **stressors** in our lives.  
*2<sup>nd</sup> Timothy 3:1 | 1<sup>st</sup> Peter 4:12 | Job 1:19-22*

#### IV. Genuine Concern vs. Fearful Concern

- Genuine Concern – expressed through a dependence on God. *1 Peter 5:6-7*
- Fearful Concern – expressed through a dependence on **self**, leading to stress. *Matthew 6:25*

#### V. Why Should We Avoid Stress?

1. God said so. *Philippians 4:6*
2. Stress endangers our health - physically, emotionally, and spiritually. *1 Kings 19: 1-4*
3. Stress is inconsistent with God's character. *Jude 24*
4. Stress misrepresents God's character to others. *Matthew 5:16*
5. Stress changes nothing. *Luke 12: 25-26*

Brothers and Sisters, stressors will always be in your life, however stressors don't have to lead to stress! You can pass the stress test by understanding the peace that has been offered to us by Jesus Christ.