



## Bible Study

Wednesday, April 20, 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.

### How Do I Find God's Peace In My Relationships?

#### I. Your Relationship With Jesus Should Directly Affect Your Relationship With Others.

1. Following Jesus means walking differently from the rest of the world, including our relationships. *Ephesians 4:17-24*

#### II. Five Questions To Ask If You Are Experiencing Stress In Your Relationships.

1. Am I being honest in this relationship? *Ephesians 4:25*
2. Am I harboring anger about the past? *v. 26-27*
3. Am I focused on what I can get or what I can give? *v. 28*
4. Am I looking for opportunities to speak grace? *v. 29*
  - What we say matters.
  - When we say what we say matters.
  - How we say what we say matters.
5. Am I dealing with this relationship in my own strength? *v. 31-32*

#### III. Three Steps To Change In A Stressful Relationship

1. Step Up – Confront the person. *Matthew 18:15-17*
  - Have a private conversation. *v. 15*
  - Take one or two people with you. *v. 16*
  - Tell it to the church. *v. 17*
2. Step Back – Establish boundaries
3. Step Away – End the relationship either temporarily or permanently.

Brothers and Sisters, the key to finding peace in relationships is to first experience peace in your relationship with Jesus Christ! The presence of Jesus in our lives should radically change how we relate to other people!