



## Bible Study

Wednesday, May 18, 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 ways to deal with it.

### How Do I Keep God's Peace in Circumstances Beyond My Control?

#### I. We Must Have A Shift In Focus

1. We look out – we focus on the problem. *Mark 4:35-37*
2. We look in – we focus on ourselves. *Mark 4:38*
3. We must look up! Focus on the One who can solve the problem. *Mark 4:39-41*

#### II. Three Things To Remember About God During Stressful Times

1. God is active. *Psalms 46:1*
2. God is sovereign. *Colossians 1:16-17*
3. God is personal. *Psalms 23:1-6*

#### III. When Circumstances Are Beyond Your Control, Remember God's Promises

1. "Fear not, for I am with you" *Isaiah 41:10a*
2. "Be not dismayed, for I am your God" *Isaiah 41:10b*
3. "I will strengthen you" *Isaiah 41:10c*
4. "Yes, I will help you" *Isaiah 41:10d*
5. "I will uphold you with My righteous right hand" *Isaiah 41:10e*

Brothers and Sisters, in order to live a stressless life we must never forget this key principle: Our circumstances do not shape the way we view our God; our God shapes the way we view our circumstances! Remember David vs. Goliath!