

Day 2: Stop, look, and listen at stress crossings

Know and identify what stressors are impacting your emotions.

Christian Responses

Normally people react in one of three ways to stress: fight, flight, or freeze.

But the Christian is called to rejoice and be stimulated by the trial.

- Satan tried to entice Jesus to sin, but he used Scriptures to calmly dismiss the temptations. With the example of Christ, we do not need to turn and fight with rage. We can use scripture as a peaceful tool to settle conflicts.
- With the power of the Holy Spirit, we do not need to avoid the problem and run to escape. We can look at the trial as a challenge and believe it will produce endurance and other positive character traits. We can seek a solution.
- With trust in God, we have hope, so we do not need to fill our minds with fear and worry that makes us freeze. We never face trials alone.

Evaluate

Inventory your life monthly or weekly (as needed) for stress/stressors and note upcoming changes. Pray and find ways to deal with stressors.

Check any difficult stressors and add any not listed

<input type="checkbox"/> Coworkers	<input type="checkbox"/> Weather	<input type="checkbox"/> Self-esteem	<input type="checkbox"/> Family
<input type="checkbox"/> Boss	<input type="checkbox"/> Noise	<input type="checkbox"/> Fear	<input type="checkbox"/> Finances
<input type="checkbox"/> Deadlines	<input type="checkbox"/> Safety	<input type="checkbox"/> Worry	<input type="checkbox"/> Extended family
<input type="checkbox"/> Advancement	<input type="checkbox"/> Space	<input type="checkbox"/> Anger	<input type="checkbox"/> Church community
<input type="checkbox"/> Work conflicts.	<input type="checkbox"/> Comfort	<input type="checkbox"/> Jealousy	<input type="checkbox"/> Home organization
<input type="checkbox"/> Squabbles	<input type="checkbox"/> Children	<input type="checkbox"/> Schoolwork	<input type="checkbox"/> Behavior problems
<input type="checkbox"/> Pressure	<input type="checkbox"/> Travel	<input type="checkbox"/> Perfectionism	<input type="checkbox"/> Health
<input type="checkbox"/> Commitments	<input type="checkbox"/> Pets	<input type="checkbox"/> Guilt	<input type="checkbox"/> Volunteer positions

If you think you are too stressed ask yourself:

Is God greater than all my problems? (Luke 1:37)

Do I trust God to help me? (Isaiah 26:4)

Do I daily thank God for blessings? (1 Thessalonians 5:16-17)

What stress comes from my attitudes, greed, and choices? (Galatians 5:16-21)\

What's the source? 1 John 2:16 sin coming from the world and not God.

Reduce stress

- Another myth is that we can do nothing about stress yet...
- God beckons us in Scripture to turn to him (Isaiah 45:22).
- Biblical characters show us the benefits of overcoming problems and the blessings of endurance.
- Relaxation techniques can help us control our emotions.
- Dealing with the problem can often remove the stress.
- We can enlist support and not have to cope alone.