

LIVING BIBLICALLY WITH STRESS

We all face daily stress in our life. Stress from work, from finances, from health issues, in our relationships with others, and with raising a family. Many of the people in the Bible faced daily stress, just look at Paul. Paul had stress related to having enemies, being arrested, in and out of prison, managing churches throughout the different regions, and training younger disciples of preaching. Yes, I would say Paul had a stressful life.

So, what does scripture say about dealing with stress as a Christian? Here are some verses that reflect living with stress:

Psalms 34:17 – The righteous cry out, and the LORD hears them; he delivers them from all their troubles.

Psalms 46:1 – God is our refuge and strength, an ever-present help in trouble.

John 16:33 – I have told you these things, so that in me you may have peace. In this world, you will have trouble. But take heart! I have overcome the world.

Matthew 11:28 – Come to me, all you who are weary and burdened, and I will give you rest.

James 1:2-3 – Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance.

Isaiah 41:10 – So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.

Deuteronomy 31:6 – Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you.

Philippians 4:6-7 – Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

So, as we journey through life, know that you will encounter stress every day, and know that God is there with you to help you through it. Use these verses to reflect upon and pray during those times.

Amen.