



MANAGING STRESS FROM A BIBLICAL PERSPECTIVE



STRESS IS AN INEVITABLE PART OF LIFE. AS CHRISTIANS, WE MUST MANAGE IT WITH FAITH AND TRUST IN GOD. LET'S EXPLORE HOW SCRIPTURE OFFERS GUIDANCE AND ENCOURAGEMENT FOR DEALING WITH STRESS.

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

Matthew 11:28-30

01 Recognizing the Source of Stress:

Stress can stem from various sources such as work, relationships, health issues, or financial concerns. **Read Psalm 139:23-24.**

- *Take a moment to reflect on what causes stress in your life. Be honest!*

02 Bringing Our Burdens to Jesus:

According to **Matthew 11:28-30**, Jesus invites us to come to Him with our burdens and find rest.

- *How does knowing that Jesus cares about our burdens affect how we deal with stress?*

03 Practicing Trust and Surrender:

Proverbs 3:5-6 encourages us to trust in the Lord with all our hearts and lean not on our own understanding.

- *How can we practice trust and surrender when facing stressful situations?*

04 Finding Peace Through Prayer:

Philippians 4:6-7 teaches us to present our requests to God with thanksgiving, and the peace of God will guard our hearts and minds.

- *How can prayer help us manage stress in our lives?*

05 Seeking God's Wisdom:

James 1:5 reminds us that if we lack wisdom, we can ask God, who gives generously to all without finding fault.

- *How can seeking God's wisdom help us make better decisions and cope with stress?*

ACTION STEPS!



- 1. TAKE TIME EACH DAY TO PRAY AND CAST YOUR ANXIETIES ON THE LORD. 1 PETER 5:7**
- 2. PRACTICE GRATITUDE BY KEEPING A JOURNAL OF BLESSINGS AND ANSWERED PRAYERS.**
- 3. SEEK SUPPORT FROM FELLOW TRUSTWORTHY BELIEVERS AND/OR CONSIDER THERAPY.**

