

My Life

Which of these areas cause you worry or emotional or physical stress?

- | | |
|--|---|
| <input type="checkbox"/> Finances | <input type="checkbox"/> Grandchildren |
| <input type="checkbox"/> Illness | <input type="checkbox"/> Adult children |
| <input type="checkbox"/> Job | <input type="checkbox"/> Husband |
| <input type="checkbox"/> Children | <input type="checkbox"/> Politics/War |
| <input type="checkbox"/> Elderly parents | <input type="checkbox"/> Others: _____ |

God's Truth

Read Matthew 6:34

What is Christ's command? What is the reason for this command?

How can this command help you deal with stress and worry?

According to God's Word, how are we to treat each anxious thought about the future?
(1 Peter 5:7-8)

Why is it wrong to look to medication, amusement, or food/drink to be our worry handlers? (2 Corinthians 10:4-5)

My Response

A Christian response to stress and worry can be put into these steps.

- Step 1: PREPARING
- Step 2: PLANNING
- Step 3: PRAYER
- Step 4: PROCEEDING

APPLY THESE steps to the situation of helping your worried friend who is stressed about
a) her husband has cancer;
OR b) her child is getting married

You may want to USE the following RESOURCE BANK in your obedient response to Christ

- | | | | |
|--------------|---------------------|--------------------|--------------------|
| Joshua 1:9 | Psalm 118:24 | Matthew 6:34 | Mark 1:21-34 |
| Mark 1:35-38 | 1 Corinthians 10:13 | 2 Corinthians 10:5 | 2 Corinthians 12:9 |
| James 1:5 | 1 Peter 5:7-8 | | |

Now go home and apply these same steps and Scriptures to YOUR situations in daily life, from big to small, where stress threatens to overwhelm, and worry threatens to win over you.