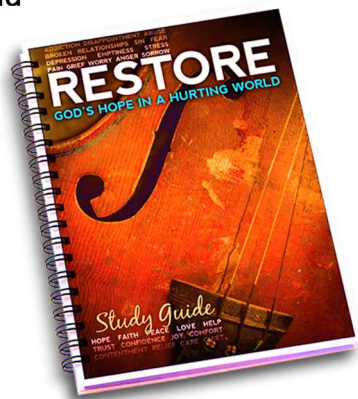


Restore: God's Hope in a Hurting World

By Pastor Tim Lovegrove

A study to bring strength and comfort to people facing the challenges and hurts of this broken world

Materials available at
www.therestorestudy.org



Broken: A Sermon Series on Sin & Hope

Join us Sunday Mornings at 10:30am
Meeting at Mt. San Jacinto College, Menifee Campus
28237 La Piedra Road
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Grace Bible Church COMMUNITY SEMINAR

Pastor Tim Lovegrove, Speaker



SATURDAY, JUNE 4, 2016

10:00am – 2:00pm

From the end of the earth will I cry unto you when my heart is
overwhelmed: lead me to the rock that is higher than I.

Psalms 61:2

Is this stressor related to shame or acceptance? Am I afraid of how other people might or do view me? Am I trying to prove something to others?

Am I overwhelmed by the expectations of others?

Is this stressor related to my time? If so, see bradhambrick.com/burnout for a time budget worksheet.

Have I been hurt by others?

Has my stress gotten muddied by sin, such as anger, jealousy, bitterness, unforgiveness, discontentment, or worry? Have I repented of those sins?

How am I handling my stress right now? Addicted to it? Ignoring or avoiding it? Complaining about it? Masking it with food, alcohol, drugs, etc.?

Have I tried to utilize the “AAA” outline when I think about this stress? What happens when I do?

What is my stress telling me about what is most important to me?

Is this a matter of eternal importance?

Am I sitting at Jesus’ feet during this time of stress?

Do I need to reach out and get help from other caring people? Do I know who would be willing to care for me in a time like this?

Overwhelmed: When Life Stresses You Out

By Pastor Tim Lovegrove

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www.thehopefund.net

Tool: Examining Your Stress

(These pages may be copied for personal use)

What is the primary stressor in this situation (what are my circumstances)?

What physical indicators of stress am I experiencing?

What emotional indicators of stress am I experiencing?

What are my most common thoughts about this stressor?

What am I saying to other people about this?

Is this stressor primarily about the past, present, or future?

Is this reminding me of my limitations or deficiencies?

What kind of prayers have I been praying about this?

Has this been a source of growth in my life? Do I see a way in which it might become a source of growth?

If this was taken away from me, would I have lost something of value to me?

What people are involved in this situation?

How am I thinking about and treating those people?

Are any of my interpretations of this situation possibly distorted?

What are the people who care for me the most saying to me about this situation?

Is this stressor related to fear? If so, can I clarify those fears? If this fear comes true, what will be the end result?

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Conclusion

The Creator Is Amazing

“The evolutionary process that built the higher brain bordered on the miraculous. The swiftness at which it developed is unparalleled in the evolutionary record. It was like the waving of a wand.” (Goewey, 2)

The Creator’s Truth Is Remarkable

The Creator Loved Us and Gave Himself to Be Our Lord

National Geographic asks, are we willing to learn from a baboon? Instead, let’s ask, are we willing to sit at the feet of our Lord?



Scriptures for Study

Luke 10:27, 30-37

Luke 10:38-42

Luke 11:1-13

Luke 12:13-21

Luke 12:22-34



What Is Stress?

“The comfort we have received from the Lord (2 Corinthians 1:3-11) has ministry in view.... Even our suffering does not belong to us, but to the Lord.... God wants us to raise up people filled with hope.”

Tripp, P. D. (2002). *Instruments in the Redeemer's hands: People in need of change helping people in need of change* (150-155). Phillipsburg, NJ: P & R Pub.

“Open your eyes and your heart and offer to others what you have been given. There is no better way to live in this fallen world.”

Tripp, P. D. (2009). *Broken-down house: Living productively in a world gone bad* (175). Wapwallopen, PA: Shepherd Press.

Put It into Action 10

Do you know anyone who is dealing with the same stressors that you are dealing with?



Put It into Action 1

List at least five of the most common sources of stress in your life:



Is Stress Inevitable?

The Reality of Stress

John 16:33 “These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.” (all Scriptures from the NASB unless otherwise noted)

Ephesians 5:16 Making the most of your time, because the days are evil.

Matthew 6:34 “So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own.”

Matthew 26:37 And He took with Him Peter and the two sons of Zebedee, and began to be grieved and distressed.

The Biology of Stress

Is Damaging Stress Inevitable?

Sinful Responses During Stress Can Wreck Relationships

Put It into Action 9

If your stressors were taken away, would you lose any important relationships?



When Stressed, Feed Your Relationships

(Concept from Sood, 236-243)

When Stressed, Be Eager to Forgive

Luke 11:4

“Forgiveness is a biological imperative.” (Goewey, 165)

When Stressed, Reach Out to Others

“Helping others seems to eliminate the impact of traumatic events on health and longevity.” (McGonigal, 157)

2 Corinthians 1:3-4 Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, 4 who comforts us in all our affliction so that we will be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God.

Bible Principle #8: Love Today

Luke 10:27

We Were Created for Relationships and Sacrificial Love

“‘Survival of the fittest’ ... is an old mantra. The new rule should be ‘Survival of the kindest.’” (Sood, 29)

“A genuine selfless concern is essential for your own wellness and happiness.” (Sood, 47)

“Cultivating positive relationships that instill a sense of connectedness and belonging is literally how our organism thrives.” (Goewey, 158)

“Love ... [is] an antidote to the toxic stress hormones that can kill us. . . . Love is the way our biology functions best.” (Goewey, 160, 164)

“What the data show: the fewer social relationships a person has, the shorter his or her life expectancy, and the worse the impact of various infectious diseases.” (Sapolsky, 164)

“One of the strongest stress-reducing qualities of social support is the act of *giving* social support.” [Emphasis his] (Sapolsky, 407)

“Perhaps we can even risk scientific credibility and detachment and mention the word love here, because that most ephemeral of phenomena lurks between the lines of this chapter.... Scientists and physicians and other caregivers have often been dim at recognizing its importance in the mundane biological processes by which organs and tissues grow and develop.” (Sapolsky, 116)

“I’ve found that to feel less alone in your stress, two things help: The first is to increase your awareness of other people’s suffering. The second is to be more open about yours.” (McGonigal, 167)

John 16:33 “These things I have spoken to you, so that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.”

“It wasn’t stress alone that was killing people. It was the combination of stress and the belief that stress is harmful.”

McGonigal, K., Ph.D. (2015). *The upside of stress: Why stress is good for you, and how to get good at it* (xii). New York, NY: Avery.

Bible Principle #1: Don’t Ignore Your Body

Luke 10:33-34

1 Kings 19:4-8 But he himself went a day’s journey into the wilderness, and came and sat down under a juniper tree; and he requested for himself that he might die, and said, “It is enough; now, O LORD, take my life, for I am not better than my fathers.” 5 He lay down and slept under a juniper tree; and behold, there was an angel touching him, and he said to him, “Arise, eat.” 6 Then he looked and behold, there was at his head a bread cake baked on hot stones, and a jar of water. So he ate and drank and lay down again. 7 The angel of the LORD came again a second time and touched him and said, “Arise, eat, because the journey is too great for you.” 8 So he arose and ate and drank, and went in the strength of that food forty days and forty nights to Horeb, the mountain of God.

Proverbs 12:25 Anxiety in a man’s heart weighs it down, but a good word makes it glad.

Proverbs 14:30 (NIV) A heart at peace gives life to the body, but envy rots the bones.

Proverbs 17:22 A joyful heart is good medicine, but a broken spirit dries up the bones.

“As an epidemiologist, I can attest that nearly every ailment we suffer from today is caused, triggered, or exacerbated by stress.”

Goewey, D. J., Ph.D. (2014). *The end of stress: Four steps to rewire your brain* (flyleaf). New York, NY: Atria.

“Your body registers stress long before your conscious mind does.”

Davis, M., Eshelman, E., & McKay, M. (2008). *The relaxation and stress reduction workbook*. (6th ed., 19). Oakland, CA: New Harbinger.

Food

Sleep

Psalm 4:8 In peace I will both lie down and sleep, for You alone, O LORD, make me to dwell in safety.

Exercise

Relaxation and Breathing

“The primary and most successful method for adrenaline reduction is conscious physical relaxation. When you relax the body, the mind can’t keep itself in a state of emergency.”

Hart, A. D., Ph.D. (1995). *Adrenaline and stress: The Exciting New Breakthrough That Helps You Overcome Stress Damage* (134). Dallas, TX: Word Publishing.

“Of all the techniques available for counteracting stress and reducing the symptoms of distress, deliberate relaxation represents the most well-developed and thoroughly researched.” (Hart, 161)

Created to Have Purpose

“Writing about your values is one of the most powerful psychological interventions ever studied.” (McGonigal, 70)

“Both our experience of meaning and purpose in life seem to be recurrent themes that associate tightly with favorable molecular changes.” (Cole, S., Ph.D. Quoted in Goewey, 11)

“Anything that feels a bit stressful can start to feel like an intrusion into your life. . . . You may find yourself complaining about these experiences, as if your life has gone off course and here is some stress-free version of it out there waiting for you.” (McGonigal, 69)

“Sometimes, it can be enormously stressful to construct a world without stressors.” (Sapolsky, 334)

Put It into Action 8

If your stressors were taken away, would you lose anything of value to you?



God's To-Do List

"We can accomplish everything God has ordained for us to do in this life. (Hint: It's probably not half of what's on your to-do list.) And we can do it in a peaceful, joyful manner and get sufficient rest besides." (Mahaney, 13)

Ephesians 5:16 Making the most of your time, because the days are evil.

Luke 11:2

Luke 12:29-31

Created to Work

Genesis 1:28 God blessed them; and God said to them, "Be fruitful and multiply, and fill the earth, and subdue it; and rule over the fish of the sea and over the birds of the sky and over every living thing that moves on the earth."

Bible Principle #2: Live Today

Luke 10:38-42

You Can Only Live in the Present, but Stress Is Frequently Focused on Yesterday or Tomorrow

Matthew 6:34 "So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of its own."

Lamentations 3:22-23 The LORD's lovingkindnesses indeed never cease, For His compassions never fail. 23 They are new every morning; Great is Your faithfulness.

Luke 12:25

"The stress-response [is] a physiological system activated not only by all sorts of physical disasters but by just thinking about them as well." Sapolsky, R. M. (2004). *Why zebras don't get ulcers* (7). New York, NY: Times Books.

See: "You Can't Buy Manna at Costco"

Howard, B. C. (2016). *You Can't Buy Manna at Costco*. From <https://www.thegospelcoalition.org/article/you-cant-buy-manna-at-costco>

Excerpted from:

Howard, B. C. (2016). *Seasons of waiting: Walking by faith when dreams are delayed*. Wheaton, IL: Crossway.

Put It into Action 2

Are your common stressors primarily about the past, present, or future?



You Might Miss the Present

“Memorable events fly by in mental nonattendance.”

Sood, A., M.D. (2013). *The Mayo Clinic guide to stress-free living* (11). Boston, MA: Da Capo Lifelong Books.

Proverbs 17:22 A joyful heart is good medicine, but a broken spirit dries up the bones.

Bible Principle #3:

Intervene in the Moments of Stress

Luke 10:40-41

“Mindset Interventions”

“The new field of mindset science shows that a single brief intervention, designed to change how you think about something, can improve your health, happiness, and success, even years into the future.” (McGonigal, 4)

“A mindset ... is like a filter that you see everything through.” (McGonigal, 11)

“A mindset is usually based on a theory about how the world works.” (McGonigal, 11)

“A change of attitude that changes your experience literally changes your brain structure.” (Goewey, 10)

“It strikes many people as ridiculous to claim that a brief, one-time intervention, whose only content is a new way to think about something, could change someone’s life.” (McGonigal, 25)

Continually Express Gratitude by Faith

Philippians 4:6 Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

Bible Principle #7: Live on Purpose

Luke 10:40-42

The Ultimate Priority Choice

Be or Do?

“The nature of the mind is such that it does not want to stay concentrated.” (Davis, 47)

“Sitting still is hard work for little boys. It’s not easy for us women either.” (Mahaney, 40)

Proverbs 8:34 [Wisdom says:] “Blessed is the man who listens to me, watching daily at my gates, waiting at my doorposts.”

Mark 1:35 In the early morning, while it was still dark, Jesus got up, left the house, and went away to a secluded place, and was praying there.

“Start the day in relaxed dependence.” (Hambrick, 35)

Bible Principle #6: See the Unseen

Luke 10:42

2 Corinthians 4:18 While we look not at the things which are seen, but at the things which are not seen; for the things which are seen are temporal, but the things which are not seen are eternal.

See Eternity

Luke 12:13-21

Luke 12:34

Put It into Action 6

Are your stressors matters of eternal importance?



See Spiritual Riches

See the Character that God Is Working in You

“the courage to grow from stress” (McGonigal, 94)

Put It into Action 7

How have your stressors been a source of growth in your life?



“Default-Mode Spontaneous Thinking”

“I don’t know anyone who sits in a corner gleefully counting all his blessings in his spare time.” (Sood, 6)

“The mind is a bottomless pit of desires.” (Sood, 22)

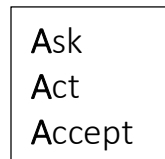
Proverbs 27:20 (NIV) Death and Destruction are never satisfied and neither are human eyes.

Put It into Action 3

Are your common stressors frequent themes when your mind wanders?



Intervention Tool: AAA



- **Ask**

Luke 11:9-10

A foundational part of stress is “your perception that the demand overwhelms your resources.” (Lazarus, R., Ph.D. Quoted in Goewey, 83)

John 15:5 “I am the vine, you are the branches; he who abides in Me and I in him, he bears much fruit, for apart from Me you can do nothing.”

Does God give us more than we can handle?

- **Act**

Luke 10:34

Act through *utilizing*

Act through *analyzing*

Act through *compartmentalizing*

- **Accept**

Trying to Be Everything for Everyone

“We women are a little like [a] vending machine, except that we provide solutions instead of cold cans of Coke. Need a meal? Need a ride? Need a babysitter? Need a substitute? Need a shoulder to cry on? ... Just put in your request, and we’ll dispense the solution to your need.” (Mahaney, 80)

Relying upon Order and Neatness

Imagining Perfection

Grasping for Control

“Control ... is an extraordinarily powerful variable in modulating the stress-response.” (Sapolsky, 261)

Instead: Rest & Recover

“A large percentage of what we think of when we talk about stress-related diseases are disorders of excessive stress-responses.” (Sapolsky, 16)

The rubber band

The Bible principle of the Sabbath

“The brain is quite resilient if given the chance to rebound. . . . We should think of vacation as a neurological intensive care unit.” (Goewey, 130-131)

Bible Principle #4: Don't Let Your Stress Hide

Luke 10:41

“Research shows that the more you suppress a thought, the stronger its recoil.... Suppressing a thought increases your attachment to it.” (Sood, 37)

Put It into Action 4

Give an example of a common thought you think to yourself about this stressor:



Bible Principle #5: Accept Your Limitations

Luke 10:40-42

Put It into Action 5

How do your key stressors remind you of your deficiencies or limitations?



Multi-Tasking

Trying to Know Everything

Staying Too Busy

Exodus 18:17-24

RECOMMENDED READING: Hambrick, B. (2013). *Burnout: Resting in God's fairness*. Phillipsburg, NJ: P & R Publishing.

Accept the Stressors because of God's Loving Control

Proverbs 16:9 The mind of man plans his way, but the LORD directs his steps.

Jeremiah 10:23 I know, O LORD, that a man's way is not in himself, nor is it in a man who walks to direct his steps.

“Contentment is the ability to appreciate the scenery on life's detours.”
Herbert, G. Quoted in Draper, E. (1992). *Draper's Book of Quotations for the Christian World* (101). Wheaton, IL: House Publishers. Quoted in Tada, J. E. (2013). *Stressed to the Max: Peace for Women under Pressure* (11). Greensboro, NC: New Growth Press.

Remind Yourself that You Are Accepted by God

Luke 10:40

“People think that all stresses have the same effect on the body, but stress caused by how others view you is extremely powerful.” (Kemeny, M., Ph.D. Quoted in Goewey, 83)

“I've spent a significant portion of my life alternating between feeling superior to others and feeling like a complete failure.”
Fitzpatrick, E. (2014). *Good news for weary women: Escaping the bondage of to-do lists, steps, and bad advice* (98). Carol Stream, IL: Tyndale House.

“Every one of us is striving to assure ourselves that we are okay. . . . We want to be able to approve of ourselves, have others approve of us, and most of all, know that God thinks we're okay too.” (Fitzpatrick, 33-34)

Mark 1:15c (NIV) "...repent and believe the Good News!"

1 Peter 3:18ab For Christ also died for sins once for all, the just for the unjust, so that He might bring us to God.

Romans 6:23 For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

1 John 3:1ab (NIV) See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!

Luke 10:40

"Its negative effects are equal to smoking 15 cigarettes a day, being an alcoholic, or never exercising. And it is twice as bad for retirees as obesity. But almost no one talks about this silent killer in retirement. What is it? In a word: loneliness."

The Mottley Fool, B. Stoffel. (2016). *The silent killer among American retirees ... and how to avoid it*. From

<http://www.usatoday.com/story/money/personalfinance/2016/06/01/silent-killer-among-american-retirees-and-how-avoid/85240230/>

Luke 11:5-13

Romans 8:28 And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose.

"'Nothing can blow you over inside the walls of Romans 8:28. Outside Romans 8:28 all is confusion and anxiety and fear and uncertainty.' So inside the walls of Romans 8:28, let's take the next step, do the next thing."

Piper, J. (first part) quoted in Mahaney, C., et. al. (2007). *Shopping for time: How to do it all and not be overwhelmed* (88). Wheaton, IL: Crossway Books.

Ask

Act (utilize, analyze, compartmentalize)

Accept (accept the stressors from God; rest in your acceptance by God)