



MY STRESS

Stress is a universal experience of everyone who lives on this planet. You cannot go a day without experiencing some form of stress. Stress can either stretch you to become stronger and better, or it can weaken and break you. Stress may motivate us to get something done. It may give us an adrenaline rush to help us in times of emergency. Stress has a cumulative effect on people. In other words, it builds up over time, and it has a way of eating away at our immunity system. Sometimes our exposure to prolonged stress makes us sick. Sometimes being overly stressed makes it very difficult for the people around us to deal with us. **Sometimes we have to get sick of being stressed out in order for us to make needed changes in our lives.** So stress can be good for us or it can be bad for us.

- When you hear the word “**stress**,” what comes to your mind?
- Can you describe a recent situation when you felt stressed out?
- Who puts the most stress on you?
- How do you add stress to your life?

Although stress levels may change from day to day and from person to person, **how we deal with stress will oftentimes determine whether the outcome of the stress is positive or negative.** People deal with stress in as many different ways as we have flavors of ice cream. Can you find some of your favorite stress outlets in the list below?

fishing jogging walking biking reading golfing hunting
eating alcohol driving gambling woodworking venting with a friend
working shopping TV video games computer listening to music sleeping
praying talking drugs journaling pornography Bible reading
escape to the garage cars movies cards yelling blaming someone cleaning
phone sports e-mail smoking ignore it laughing joking

Our lives can become overloaded with stress when we say “yes” to too many things or by taking on other people’s problems. The consequences of making bad decisions can overload our lives with stress. Worrying about things we have no control over can overwhelm us. But we each probably have our own unique ways we contribute to stress building up in our lives.

- *People who know me well would say that I add stress to my life by...*

The Bible uses the word “sin” to describe a stress-filled life. Sin is defined as making choices that were contrary to the will of God or any form of willful disobedience to God. Our culture likes to do away with thinking about or confessing sin because we might feel bad. **But feeling the weight or consequences of our sin may compel people to turn our lives over to the only One who ever solved the problem of sin and stress.** Jesus said, “Come to me all who are weary and heavy burdened and I will give you rest”...Cast all your cares upon Me, for I care deeply for you.

Let Me help you carry the burdens of your stress, for my load is light.

Jesus Christ

th Talks” are designed to help us learn to talk and deal with one another in ways that build standing and a healthy, growing, supportive, Christian community.