

"How To Handle Stress"

1 Thessalonians 5:16-23 (KJV)

"Rejoice evermore. Pray without ceasing. In every thing give thanks: for this is the will of God in Christ Jesus concerning you. Quench not the Spirit. Despise not prophesyings. Prove all things; hold fast that which is good. Abstain from all appearance of evil. And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ."

Let me open this study by dropping you some statistical knowledge. According to the American Heart Association and the American Institute of Stress, **STRESS** is the leading cause of death in America. Suicide is the leading stress related cause of death and kills 3 out of 5 Americans daily.

STATISTICS ABOUT STRESS

STRESS

- 44% of Americans are more stressed than 5 years ago

- 1 out of 5 Americans experience extreme stressed issues such as divorce, loss of a loved one or long-termed job, foreclosure of a house, or repossession of a car, etc.
- Is increased by 60% in Americans who experience stagnant wages = Worker Harder but getting PAID LESS. 15% of work related stress result in strokes
- 3 out of 4 doctors visits are stress related
- Is the basic cause of 80% of ALL human illnesses and diseases
 - 40% result in HEART DISEASE
 - 25% result in HEART ATTACK
 - 50% result in STROKES
- 40% of stressed people overeat or eat unhealthy
- 60% of stressed people lose 5 hrs of sleep every night

What is **STRESS**? **STRESS** is physical, mental, or emotional pressure, pull, or other force exerted on one thing by another; unwanted strain or disturbance of normal functionality.

STRESS is NOT of God ... **3 John 1:2** John says, I wish because human nature tends to focus more on the **STRUGGLE** than **SURVIVING** ... **2 Timothy 2:3, 4 / Philipians 4:7**.

STRESS can be and sometimes is the physical affect of a spiritual attack. In other words, we sometimes physical stress when our spirits are spiritual attacked ... **Mark 14:36-38**

ACRONYM FOR STRESS

(S)trong

(T)ension

(R)eflecting

(E)very

(S)atanic

(S)tronghold ... 2 Corinthians 10:4, 5

- 1) Rejoice evermore. **Philippians 4:4 / Psalms 37:4**
- 2) Pray without ceasing. **Luke 18:1 / James 5:13-16 (ref. Acts 16:25 / Psalms 142:7)**
- 3) In every thing give thanks: for this is the will of God in Christ Jesus concerning you. Psalms
- 4) Quench not the Spirit.
- 5) Despise not prophesyings.
- 6) Prove all things; hold fast that which is good.
- 7) Abstain from all appearance of evil.

And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.