

## How to Manage Stress

*(Breaking free from the tyranny of the trivial)*  
(SERIES: HOW; The Series; 05 of 07)  
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“Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.” (Psa 23:4-6 NIV)

### What is stress?

**Stress is being overloaded.**

“We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.” (2 Cor 4:7-9 NIV).

**Stress is being overextended.**

**Stress is over time.**

### What does it do?

“What do people get for all their hard work under the sun? Generations come and generations go, but the earth never changes. The sun rises and the sun sets, then hurries around to rise again. The wind blows south, and then turns north. Around and around it goes, blowing in circles. . . . Everything is wearisome beyond description. No matter how much we see, we are never satisfied. No matter how much we hear, we are not content.” (Ecc 1:3-8 NLT)

**Stress will make you sloppy.**

**Stress will make you stupid.**

**Stress will make you short-sighted.**

“People who don't know God and the way he works fuss over these things, but you know both God and how he works. Steep your life in God-reality, God-initiative, God-provisions. Don't worry about missing out. You'll find all your everyday human concerns will be met.”  
(Matt 6:25-33 The MSG)

### How to manage it:

**Daily, I will focus.**

“Pay careful attention to your own work, for then you will get the satisfaction of a job well done, and you won't need to compare yourself to anyone else. For we are each responsible for our own conduct.”  
(Gal 6:4-5 NLT)

**Weekly, I will worship.**

“You have six days each week for your ordinary work, but the seventh day is a Sabbath day of rest dedicated to the Lord your God. On that day no one in your household may do any work. This includes you, your sons and daughters, your male and female servants, your livestock, and any foreigners living among you.” (Exo 20:9-10)

**Monthly, I will correct.**

**Annually, I will add and subtract.**

“. . . You will always harvest what you plant. Those who live only to satisfy their own sinful nature will harvest decay and death from that sinful nature. But those who live to please the Spirit will harvest everlasting life from the Spirit. So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up.” (Gal 6:7-9 NLT)