

Journey CHURCH

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How to go From Stressed to Rest to Being Blessed

Less is more; Stress is bad; God is good.

Insights to remember:

- If you want what *normal* people have, do what *normal people do*.
- If you want what *few* people have, *do what few people do*.

First way to deal with Stress is to *turn and learn*. Galatians 6:4-7, NKJV

- Learn to *bear our own burdens*.
- Main purpose of stress, pressure, and burdens is so we will *turn and learn from God*.
- *Learning and applying the God's Word* helps us reduce stress and pressure.
- Allowing God's Word to fall on *good soil and a receptive heart* helps us deal with stress. Galatians 6:9, NKJV; Galatians 6:6, NKJV

Second way to deal with Stress is to *wait upon the Lord*. Isaiah 40:29-31, NKJV

- God wants the weak, powerless, and those who are about to faint and grow weary to *WAIT on the Lord*.
- The result of waiting on the Lord your strength will be renewed.
- **Dangerous insights to all parents:**
 - God's purpose for allowing stress and pressure in your children's life is so that they will depend upon God for their strength, direction, power, and provisions.
 - Stress is teaching them God's timing is always the right timing.
 - The main reason of stress and pressure as our children get older is that they depend less on us and more on God.
 - When we don't allow stress to have its way, our children begin to depend more and more on us instead of God. Galatians 6:6, NKJV

How do we reduce stress and pressure today?

- Learn to *turn to God for help*. Psalm 50:15, NKJV; Psalm 50:14-15, NKJV
- Remember how big God is.
 - Ask the question is your problem bigger than God.
 - Seek God, believe Him and look for the reward. Hebrews 11:6, NKJV; Psalm 121:1-2, NKJV; Isaiah 41:13, CEV
- Determine to Wait Upon the Lord to handle problem, stress, and pressure.
 - Determine you're not going to try to handle the problem until the Lord confirms with you how to do it. Psalm 46:1, TLB; Psalm 34:8, NKJV; Isaiah 40:31, TLB; Psalm 27:14, TLB

