

# Journey CHURCH

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## How To Go From Stress To 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.
- Christians are not to think like normal people think. Romans 12:2, NLT2; 2 Timothy 3:1, AMP; 2 Timothy 3:1, AMP; Psalm 34:8, NKJV; Proverbs 23:7, NKJV

### We are not to live and think like normal people live and think. 1 Peter 2:11-12, NLT2

- Stress wages war against our very souls and emotions.

### Causes of Stress.

- Unrealistic pace.
- Unrealistic expectations of others.
- Unrealistic view of life; life is not fair.
- Unrealistic desire to be liked by everyone; even Jesus was not liked by everyone.
- Unrealistic view of Who's in control; it's not you.
- Unrealistically trying to be someone you are not.

### Cures for Stress; How to go from Stress to Rest.

- You have to **choose** that you want to **change**.
  - Most people don't change until they hurt enough to change.
  - **Train** your mind to **Trust** in God to live a satisfied life instead of a stressed life. 2 Corinthians 10:3-5, NKJV; Proverbs 8:10, NLT2; Proverbs 16:16, MSG
  - God gives us the freedom to choose and the power to win. Romans 6:16, NLT2
- Choose to be slow down and **be still**. Psalm 46:10-11, NKJV
  - Be still long enough to remember He is the Lord of Host. 1 Samuel 17:45, NKJV
  - 15 minutes a day meditating on God's Promises, goodness, and power. Joshua 1:8-9, NKJV; Isaiah 40:28-31, NLT2
  - Change your thinking to trusting.