



# Tackling Stress

“We perform under pressure, but plummet under stress.”

Discover a rhythm for life.

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.”

Matt 11: 28-30

The rhythms of grace = The Spirit of God integrates the whole person; emotional, psychological, physiological and spiritual

How to deal with stress well: Seven stress busters

## 1. Stay healthy

Our bodies are temples of the Holy Spirit (1 Corinthians 6:19)

Exercise, sleep and eat healthily

## 2. Fight fear

“... Perfect love casts out fear ...” 1 John 4:18

“They will have no fear of bad news; their hearts are steadfast, trusting **in the Lord.**” (Psalm 112:7 paraphrased)



### 3. Take joy seriously

'Be joyful always' (1 Thessalonians 5:16)

### 4. Take an emotional break

Jesus withdrew to the mountains to be alone (John 6:15)

### 5. Minister in the opposite Spirit

'We work hard with our own hands. When we are cursed, we bless; when we are persecuted, we endure it; when we are slandered, we answer kindly.' (1 Corinthians 4:12-13)

### 6. Take control of our thoughts

Reject the thoughts without substance.

Remind yourself of the many attributes of God and dwell on them (Philippians 4:8)

### 7. Pray and read the Bible

'Everyday robust sanity' (Eugene Peterson)

## Conversation Questions

- What are your main sources of stress or pressure at work today?
- What difference does your faith make to you when dealing with stress?
- What practical steps do you need to take to be more effective at dealing with stress?
- What do you need to change to "learn the unforced rhythm of grace" in your life?