

## You Can Overcome Stress

### A. What Is Stress?

1. Merriam-Webster's Definition: A physical, chemical, or emotional factor that causes bodily or mental **tension** and may be a factor in disease causation.
2. Mental Health Foundation Definition: Stress is the feeling of being overwhelmed or unable to cope with mental or emotional **pressure**.
3. A Simplified Physics Definition: Stress is the magnitude of external forces when applied to something which may cause deformation and could lead to breaking stress.
  - a. Synonyms of Stress: **excessive pressure**, strain, weight, nervousness, panic, anxiety, worry, tenseness, **tension**, torment, trauma, distress, pain, hassle, emphasis, focus, dwelling on.

### B. How Does Stress Negatively Affect Your Life?

1. Stress may challenge to affect your heart, soul, mind and body.
2. Doctors say many diseases are caused by stress.
3. Stress Warning Signs: Not praying as usual, not seeking ministry, isolating and avoiding your pastor, family or friends. In addition, may have challenges of anger, time-urgency, perfectionism, tension, over-loaded schedule, burnout, disappointment, under-achievement, physical stress effects, life and work stressors.
  - a. Biblical references to stressors: Trials, tribulations, troubles, hardships, persecutions, distresses, affliction, suffering, adversity, disaster, chastening, torment, the devil who seeks to devour.

### C. How You Can Overcome Stress with Faith by Obeying God's Word.

John 16:33; Rev 2:7

Rev 2:11; Rev 2:17

1. Being free of stress is being independent of it. John 8:31-32,26
  - a. Oxford Definition of Independent: Free from outside control; not depending on another's authority; and not depending on another for livelihood or subsistence.
2. Obtain victory, perseverance, character and hope when you overcome tribulation/stress.
  - a. Strong's Concordance Definition of Tribulation G2346 "Thlipsis" means: pressure (stress).
  - b. 1 John 5:4-5 <sup>4</sup>For whatever is born of God overcomes the world. And this is the **victory** that has **overcome** the world—our **faith**. <sup>5</sup>Who is he who **overcomes** the world, but he who believes that **Jesus is the Son of God**?
  - c. Rom 5:1-5 <sup>1</sup>Therefore, having been justified by faith, we have peace with God through our Lord Jesus Christ, <sup>2</sup>through whom also we have **access by faith** into this grace in which we stand, and rejoice in hope of the glory of God. <sup>3</sup>And not only that, but we also glory in tribulations, knowing that **tribulation** produces perseverance; <sup>4</sup>and perseverance, character; and character, hope. <sup>5</sup>Now hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us.
3. Do not reduce stress the world's way; but reduce stress God's way instead.
4. Biblical solutions to overcome stressors: Access your Heavenly Inheritance, overcome and be of good cheer; be fruitful, be loved, be healed; endure, become strong, receive mercy, partake of consolation; remember God hears, answers, saves, redeems, and perfects you!
  - a. Heb 12:1-2 <sup>1</sup>Let us lay aside every weight, and the sin which so easily ensnares us, and let us run with endurance the race that is set before us, <sup>2</sup>looking unto Jesus, the author and finisher of our faith!