

You Can Overcome Stress Part 2

A. A More Detailed Study - For Biblical Solutions to Overcome Stressors.

In the Name of Jesus...

1. 1 Pet 1:1-11 I access my Heavenly Inheritance with joy and mercy instead of being upset at trials.
2. John 16:33 I overcome and am of good cheer, even when facing tribulations or stress.
3. Psa 86:6-7 I thank God that He answers me when I call upon Him with troubles.
4. 2 Tim 2:3-4,10 I endure hardship of challenges and stress; and have obtained salvation with eternal glory.
5. 2 Tim 3:10-17 I become complete and equipped when the Lord delivers me from persecutions.
6. Gen 41:52; Psa 25:16-17 I am fruitful; and God brings me out of affliction and distresses.
7. 2 Cor 1:7 I am comforted in suffering and stress; consoled, and delivered from death.
8. 1 Kings 1:29; 2 Chron 20:9 I am saved from adversity and disaster because God hears my prayers.
9. Heb 12:6 I am loved by God who chastens, disciplines, corrects, and educates me, not discourages me.
10. Luke 6:18; Matt 18:34-35 I am forgiving; therefore, I am healed and free of torment from unclean spirits.
11. 1 Pet 5:8; Jas 4:7 I submit to God in humility; I resist the devil and he will flee from me; and I cast my care on God, so the devil like a roaring lion cannot seek to devour me; and God strengthens and perfects me!
12. 1 John 5:5; Rev 3:21; Rev 21:7 God causes me to be an Overcomer over stress and every area of my life.

B. A More Detailed Study to Eliminate Stress God's Way by Speaking and Doing His Word.

Do Not Reduce Stress the World's Way	Eliminate Stress God's Way - By Affirming: In the Name of Jesus, I have overcome stress because...	Scripture
• Get enough sleep.	• God has caused me to have sweet uninterrupted sleep.	• Prov 3:24
• Eat healthy.	• God helps me to eat healthy. • I bless everything I eat, drink and ingest.	• 1 Cor 6:12 • Ex 23:25-26
• Avoid excess caffeine and other stimulants.	• I am not conformed to this world. • I use self-control and moderation in all things.	• Rom 12:2 • 2 Pet 1:6; Phil 4:5
• Take time to relax.	• I give weariness and burdens to God so I can rest. • I am obedient to take a Sabbath Day of Rest every week.	• Matt 11:28 • Ex 20:8
• Transcendental Meditation.	• I meditate on God's Word.	• Josh 1:8
• Stress Therapy.	• The anointing of God's presence breaks every yoke of bondage in my life, including stress and challenges. • I praise the Lord and stop the avenger, especially stress. • I worship God in spirit and in truth which brings the anointing. • In God's presence I have fullness of joy instead of stress. • I am a doer of the Word, not a hearer only. • I have life more abundantly. • God is able to do exceedingly above all I could think of.	• Isa 10:27 • Psa 8:2 • John 4:24 • Psa 16:11 • Jas 1:22 • John 10:10 • Eph 3:20