**Bible Study 11/09/2011 Brentwood Bible lunch Fellowship – From Dallas**

**“Let your stress turn into your strength “- Psalm 16 V 1**

Psalm 37 V 3-5

Psalm 37 V 23-29, V 39-40

Psalm 16 V 1, V 5-11

**What Is Stress?**

Stress is a feeling that's created when we react to particular events. It's the body's way of rising to a challenge and preparing to meet a tough situation with focus, strength, stamina, and heightened alertness.

**What makes a Christian stress**?

Stress and anxiety for a Christian can take on many different shapes and forms, yet in general, for most Christians, stress boils down to one idea - ***lack of trust in God***.

**Ways that Christians Cope with Stress:**

From a spiritual standpoint, stress relief for a Christian begins and ends with these three basic disciplines:

**APPLICATIONS**

**• Prayer**

Instead of worrying over our problems, further compounding our anxiety and stress, the Bible recommends taking everything to God in prayer. This verse in Philippians offers the comforting promise that as we pray, our minds will be protected by a peace that goes beyond our ability to understand.

**Philippians 4:6-7**
*Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

**• Meditation on the Word of God**

The Bible is filled with incredible promises from God. Meditating on these words of assurance can dispel our worry, doubt, fear and stress. Here are just a few examples of the Bible's stress relieving verses:

**2 Peter 1:3**
*His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness.*

**Matthew 11:28-30**
*"Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle, and you will find rest for your souls. For my yoke fits perfectly, and the burden I give you is light."*

**John 14:27**
*"I am leaving you with a gift--peace of mind and heart. And the peace I give isn't like the peace the world gives. So don't be troubled or afraid.*

**Psalm 4:8**
*"I will lie down in peace and sleep, for you alone, O LORD, will keep me safe.*

**• Praise**

Praise and worship will take our minds and thoughts off of self, off our problems, and refocus them on God. As we begin to praise and worship God, suddenly our problems seem small in light of the largeness of God.

**Examples of Stress situations turning to strength**

* Peter in Jail –Acts 12 V 6-11
* Joseph Genesis 39 v 7-12
* Paul and Silas – Acts 16 v 22-34
* Hannah

