

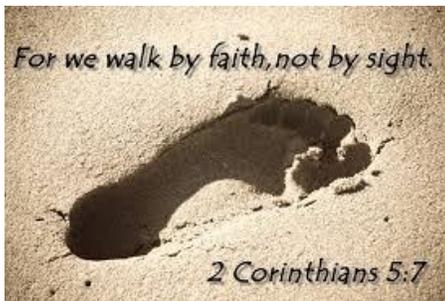
HOW TO DESTRESS

Desserts! (“stressed” backwards) Not really. Avoid sugars and eat healthy.

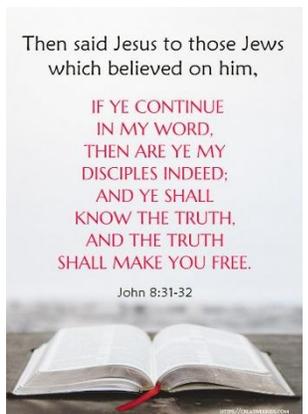
Exercise. It’s the cheapest and most effective medication. Breathe.

Seek relationships with God and the body of Christ, not isolation. Colossians 1:16-17 and 1 Thessalonians 5:11 *Therefore encourage one another and build each other up, just as in fact you are doing.*

Truth vs. feelings. Keep your emotions in check. John 8:31-32 We’re called to not live by our feelings but by faith. Our faith is rock solid if we have placed it in God—the unchanging, perfect, eternal, sovereign One. And this faith is founded on the infallible, certain, life-changing, authoritative Word of God. Scripture tells us how to live and what to believe.



This is what should govern and determine how we speak, think, and act—not our ever-changing, easily influenced feelings. Our faith is not blind but informed and guided by God’s perfect Word.



Respond, not react, with peace by sizing up what is really worth stressing over and minimizing the rest.

- a. John 16:33 *I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.*

Embrace silence and sleep.

Be still and know that I am God. Psalm 46:10 & Matthew 11:28-30 *...and I will give you rest*

Set boundaries. Say “no” to overcommitting and multi-tasking. Delegate.

Stay focused. Keep your eyes on your God, not your circumstances.

For a Biblical article on how God uses stress for our good and His glory, go to

<https://www.biblestudvtools.com/bible-study/topical-studies/how-god-uses-stress-for-our-good-and-his-glorv.html>