

Answers For The Stress And Strains Of Life How Do You Deal With Stress In A Healthy Way

1. Take control _____

a) Limit your _____

Proverbs 23:4 *Don't wear yourself out trying to get rich. Be wise enough to know when to quit.*

b) _____

Exodus 31:15 *For six days, work is to be done, but the seventh day is a Sabbath of rest, holy to the LORD.*

c) _____

Matthew 22:37-38 *Jesus replied, "You must love the LORD your God with all your heart, all your soul, and all your mind." This is the first and greatest commandment.*

2. Take care of _____

a) _____

Proverbs 17:22 *A cheerful heart is good medicine, but a broken spirit saps a person's strength.*

b) _____

Psalms 38:4 *My guilt has overwhelmed me like a burden too heavy to bear.*

3. _____

a) _____

1 Thessalonians 5:18 *...give thanks in all circumstances; for this is God's will for you in Christ Jesus.*

b) Look for _____

Colossians 3:2 *Set your minds on things above, not on earthly things.*

c) _____

Psalms 119:48 *I stay awake through the night, thinking about your promise.*

How To Name (And Tame) Your Emotions

Write out what's happening

Use an emotions chart to identify your emotions (Google it)

"What emotion am I feeling?"

"Why am I feeling that emotion?"

Questions to ask when stressed

- (1) What is within my control? what should I stop worrying about because it's beyond my control? What is 1 step I can take?
- (2) What is the big picture? On a scale from 1 to 10, how big is this problem? Will I care in 6 months?
- (3) What can I be grateful for? What are the "blessings in disguise?" Looking back on this later, what will I be grateful for that I do not necessarily like right now?
- (4) What is good in this? What are the positives about the situation and the people involved? What positive outcomes could come from this?
- (5) What is the opportunity? What am I learning? How is this making me stronger and better? Will I be able to help someone else more because of this experience?

Spiritual questions to ask when stressed

- Father, what would you like me to learn from this?
- How would you like to bring good from this?
- Is there a next step you want me to take?
- Is there some way to show kindness to others in this?

Google: "Promises in the Bible when you are stressed"

<https://www.biblestudytools.com/topical-verses/stress-bible-verses/>

<https://www.christianwalls.com/blogs/scripture-roundups/bible-verses-about-stress>