

4/8/13

STRESS

LOOK

We can all relate to stress, probably in several ways; in relationships, at home, at work, threats from world leaders, or even in our church family. What stresses do you experience in your life?

BOOK

Delegation

Exodus 18:24-26 Advice to Moses from Jethro, his father-in-law.

Verses 13 and 14 "set the stage" --- Moses took his seat to hear the people's disputes against each other. They waited before him from morning till evening. When Moses' father-in-law saw all that Moses was doing for the people, he asked, "What are you really accomplishing here? Why are you trying to do all this alone while everyone stands around you from morning till evening?" In verse 18 Jethro told Moses "this job is too heavy a burden for you to handle all by yourself." He went on to explain how he should divide the people into groups. They were to have the major cases handled by Moses & the smaller matters taken care of by the others.

Delegation is a great tool to manage stress.

Another way is to say "No, sorry I can't take on any more right now." It's OK to decline!

for
ask God's
help

Psalms 69:1, 2 Save me, O God, for the floodwaters are up to my neck. Deeper and deeper I sink into the mire; I can't find a foothold, I am in deep water. ---

Philippians 4:9 Keep putting into practice all you learned & received from me (Paul) everything you heard from me

and saw me doing. Then the God of peace will be with you.

TOOK

1. What are the symptoms of stress?
2. How do we recognize when we're "in too deep"?
3. What steps can we take to lessen the stress?
4. What can we expect from God when we are overstressed?
5. Can you think of other words that can cause stress such as deadlines and penalties (It's tax time!)

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