

## **Pains and Gains: week 1**

### **Stressed Out!**

Proverbs 12:25 (NIV)

<sup>25</sup> Anxiety weighs down the heart,

#### Stress affects 2 areas of our lives

1. Physical Health
  2. Responses to stress
- God's PURPOSE in our stress.

2 Corinthians 4:17 (CSB)

<sup>17</sup> For our momentary light affliction is producing for us an absolutely incomparable eternal weight of glory.

#### What will God do with our stress?

- God wants to build our character
- God wants us to change our direction.

#### **Common points of stress**

- Our SCHEDULE
- Our RELATIONSHIPS
- Our FINANCES
- Our JOB

The question we should ask is not WHY, it is WHAT!

Reflection Question: What is God showing me today? \_\_\_\_\_

Romans 5:3-5 (CSB)

<sup>3</sup> And not only that, but we also boast in our afflictions, because we know that affliction produces endurance, <sup>4</sup> endurance produces proven character, and proven character produces hope. <sup>5</sup> This hope will not disappoint us, because God's love has been poured out in our hearts through the Holy Spirit who was given to us.

- God's PRESENCE in our stress.

“My ears had heard of you but now my eyes have seen you.” - Job 42:5

God wants us to know Him better!

Galatians 6:2 (CSB)

<sup>2</sup> Carry one another's burdens; in this way you will fulfill the law of Christ.

John 14:1 (NIV)

“Do not let your hearts be troubled. You believe in God; believe also in me.