

***COMING BACK STRONGER* FROM STRESSFUL TIMES**

Isaiah 40:28-31

- **August 29, 2025 was the 20th anniversary of Hurricane Katrina in New Orleans, a time that brought lots of stress to people's lives.**
- **"Stress" is the gap between the demands placed on us and the strength we have in meeting those demands.**
- **We need to learn how to overcome stress because we are often weak spiritually as a result of being down emotionally, mentally or physically.**
- **Our walk with the Lord often depends upon how we are handling the stresses in our lives.**
- *"Those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint."* (Isaiah 40:31)
- ***What are some steps we can take to deal with the "stress" we're experiencing in our lives?***

Dealing With Stress In Our Lives Requires:

UNDERSTANDING THE <u>SOURCES</u> OF STRESS

- **"Stress" is the gap between the demands placed on us and the strength we have in meeting those demands.**
- **Stress in our lives can be caused by *Emotional Struggles*.**
    - **People often experience stress as a result of worry and wasting time.**
    - Jesus - *"Don't worry about things, saying, 'What will we eat? What will we drink? What will we wear?' These things dominate the thoughts of unbelievers, but your Heavenly Father already knows all your needs."* (Matthew 6:31-32)
    - *"Don't worry about anything; instead, pray about everything."* (Philippians 4:6)

    - *"Don't live like fools, but like those who are wise. Make the most of every opportunity in these evil days. Don't act thoughtlessly, but understand what the Lord wants you to do."* (Ephesians 5:15-17)
- **Stress in our lives can be caused by *Financial Struggles*.**
    - **People experience stress as a result of having too little money or having too much money.**
    - *"Give me neither poverty nor riches! Give me just enough to satisfy my needs. For if I grow rich, I may deny You (God) and say, 'Who is the Lord?' And if I am too poor, I may steal and thus insult God's holy name."* (Proverbs 30:8-9)
- **Stress in our lives can be caused by *Physical Struggles*.**
    - **People experience stress because of workloads that are excessive, wrong habits and weaknesses in their physical bodies.**
    - *"Once I was young, and now I am old. Yet I have never seen the godly abandoned . . ."* (Psalm 37:25)
- **Stress in our lives can be caused by *Relational Struggles*.**
    - **Working with others and dealing with difficult family members often causes us lots of stress in our lives. (Ephesians 5:21 - 6:9).**
    - *How joyful are those who fear the Lord - all who follow His ways! You will enjoy the fruit of your labor. . . . Your wife will be like a fruitful grapevine, flourishing within your home. Your children will be like vigorous young olive trees as they sit around your table."* (Psalm 128:1-3)
- **Stress in our lives can be caused by *Spiritual Struggles*.**
    - **We often experience stress as a result of weariness from ministry (Mark 6:31), wrong choices (Galatians 6:7) and warfare with the Devil (1 Peter 5:8-9).**
    - *"Be strong in the Lord and in His mighty power. Put on all of God's armor so that you will be able to stand firm against all strategies of the devil."* (Ephesians 6:10-11)
- *"Even youths will become weak and tired, and young men will fall in exhaustion."* (Isaiah 40:30)
- **None of us are immune to emotional, financial, physical, relational and spiritual struggles; so we need to look to the One who can supply what is needed to help us grapple with and overcome life's stresses.**

Dealing With Stress In Our Lives Requires:

APPLYING SOME <u>SOLUTIONS</u> FOR STRESS

- *"Those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint."* (Isaiah 40:31)
- **We can minimize our Stress by changing our *Emotional and Mental Focuses.***
    - *"Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable."* (Philippians 4:8)
    - *"Always be joyful. Never stop praying. Be thankful in all circumstances."* (1 Thessalonians 5:16-18).
- **We can minimize our Stress by putting into practice *Financial Principles* which enable us to reduce spending, live by a budget, and get out of debt.**
    - *"Good planning and hard work lead to prosperity, but hasty shortcuts lead to poverty."* (Proverbs 21:5)
    - *"The wise have wealth and luxury, but fools spend whatever they get."* (Proverbs 21:20)
- **We can minimize our Stress by implementing some *Physical Guidelines* that lead us to eat better, exercise regularly, and eliminate the usage of drugs (i.e. alcohol, caffeine, narcotics, nicotine, etc.)**
    - *"No one hates his own body but feeds and cares for it."* (Ephesians 5:29)
- **We can minimize our Stress by working on our *Relational struggles.***
    - *"Do all that you can to live in peace with everyone."* (Romans 12:18)
- **We can minimize our Stress by practicing a *Spiritual Principle*.**
    - *"Those who trust in the Lord will find new strength."* (Isaiah 40:31)
    - *"Those who wait on the Lord shall renew their strength."* (Isaiah 40:31 NKJV)
    - **To "find new strength or "renew our strength" means to "exchange our strength for God's strength."**
    - **We obtain "God's strength" by "trusting in and waiting on the Lord" which involves: 1) *Looking to Him* for peace and provision (Psalm 62:1), 2) *Listening to Him* so we can get His direction for our lives (Proverbs 8:34), and 3) *Leaning on Him* for protection (Psalm 37:9).**
    - **Our willingness to "trust in" or "wait on" the Lord is demonstrated by our commitments to: 1) daily spending time with the Lord, 2) weekly worshiping Him with other Believers, 3) and seeking His direction regarding our life circumstances and relationships.**

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- **When we're "waiting on the Lord" and "trusting in Him" we will receive the strength that we need for the:**
    - **Flying times of life - when we're facing great problems**
    - **Running times of life - when we deal with the normal problems of life**
    - **Walking times of life - when we're struggling to overcome life's little problems.**
- *"Wait patiently for the Lord. Be brave and courageous. Yes, wait patiently for the Lord."* (Psalm 27:14)