

# THE PRESSURES OF LIFE



## I. WHAT CAUSES STRESS IN OUR LIVES?

*Direct Result of Sin- The farther we go outside God's protective guidelines, the closer we edge toward a life of frustration, anxiety, fear, and unrest.*

*Examples:*

- a. *when husbands don't love their wives as Christ loved the church*
- b. *when wives don't treat their husbands with respect*
- c. *when children don't obey their parents*
- d. *in an attempt to become more popular we compromise*
- e. *in an effort to build a reputation we take unnecessary risks*
- f. *in an effort to speed up success we make quick decisions*
- g. *we disregard conviction about the shows we watch*
- h. *we disregard conviction about the music we listen to*
- i. *we don't control the tongue and say hurtful things*
- j. *we don't attend church like we should*
- k. *we haven't set aside a special time for the Lord*
- l. *we haven't set aside a special time for ourselves*
- m. *we can't control people around us and we let them affect us*
- n. *we can't control circumstances in our lives and we let them affect us*
- o. *we don't obey God with our money*
- p. *we don't use our brains to make good life decisions*

## II. WHAT DOES STRESS HARM?

*Stress can be particularly harmful in three vital areas:*

1. *Relationships with family members. If much stress is in our lives we have no patience to give our significant others the attention they need. Relationships get squeezed, and our capacity for giving and receiving goes away.*
2. *Relationship with God. We can't concentrate when we pray or when we are in church. We can't worship or hear God because our attention is on our problems and ourselves.*
3. *Relationship with the body of Christ. We have no time to disciple or be disciplined. We have no time or energy to care for or fellowship with others.*



## III. WHAT CAN WE DO TO RELIEVE STRESS?

*Focal Scripture: 1 Peter 5:6-7*

*"Humble yourselves under the mighty hand of God, that He may exalt you in due time, casting\* all your care upon Him, for He cares for you." (The Greek word for casting was epi-rip-to which meant to throw upon.)*

1. *Obedience- Repenting from any sin in our lives and obeying God removes the Holy Spirit's conviction from our lives.*
2. *Pray- In Luke 5:15-16, Jesus gave us the example that He went away to pray when pressures were upon Him. Make a list of each concern in our lives, make arrangements with our families, go to our places of solitude, and cast those cares upon God.*
3. *Affirm Relationships- Communicating and expressing relationships with others is the best protector against most stress that is in our lives.*
4. *Let Go and Let God- He is willing to bear our burdens, and He assumes complete responsibility for the person committed to Him.*

