

May 12, 1999

Dealing With Stress

Stress and **T**ension have become the buzz words of our generation. In recent years, we have learned of Type A and Type B personalities. Tests have been devised to measure stress by Life Change Units. Eastern religions have found entry into Western culture because of their emphasis on inner peace. Scores of books are on the best seller lists.

The impact of stress has a profound impact on our society.

Physical Illness

Mental Illness

Family Unhappiness

Personal Distress

It Has Been Said That We Are Not So Much Dying of Disease,
But of Internal Combustion.

The great question is:

How does our walk with God provide us
the resources to deal with the stresses of life?

Take from our souls the strain
and stress
And let our ordered lives confess
the beauty of thy peace

—Whittier

I. REALTIONSHIP WITH GOD _____

The God Who Cares _____

The God Who Provides _____

The God Who Leads _____

The God Who Develops _____

II. THE LONG LOOK _____

III. THE RIGHT LOOK _____

IV. PROMISES TO CLAIM (Philippians 4:49) _____
