

HANDLING STRESS

6-SESSION

BIBLE STUDY

HOPE FOR THE HEART BIBLE STUDIES

*How to Cope at the
End of Your Rope*

 HOPE
for the Heart

June Hunt

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How to Relieve Stress Overload

STOP

Stop and look at the real reason you are experiencing stress.

- Do I try to meet my own needs instead of waiting on the Lord?
- Do I think God cannot get along without me?
- Do I seek self-worth through proving my adequacy and effectiveness?
- Am I Spirit-led or people-pressured?

“Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ” (Galatians 1:10).

Stop, confess, and turn away from any known sin in your life.

- Do I manipulate or control others?
- Do I feel envious or jealous of others?
- Do I express my feelings inappropriately?
- Do I overreact to criticism?
- Do I have impure motives?

“Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy” (Proverbs 28:13).

YIELD

Yield to God's sovereign control over your circumstances.

- What is God doing in my circumstances?
- In what way does God want me to change?
- How does God want me to respond?
- Do I have impure motives?

"In the LORD's hand the king's heart is a stream of water that he channels toward all who please him" (Proverbs 21:1).

Yield to God your perceived rights and your expectations.

- I yield my right to control my circumstances.
- I yield my right to be accepted by others.
- I yield my right to be successful.
- I yield my right to be heard and understood.
- I yield my right to be right.

"Trust in the LORD with all your heart and lean not on your own understanding" (Proverbs 3:5).

RESUME SPEED

Resume speed, living in the presence of God.

“Dear Lord,

- I choose to let Christ live His life through me.
- I choose to live in the present, not worrying about tomorrow. I choose to refocus my thoughts from my pressures to Your purposes for allowing this pressure.
- I choose to make a commitment to talk less and listen more.
- I choose to have a thankful heart regardless of the pressure I feel.
- I will call on You, Lord, for wisdom and peace.”

“Blessed are those who have learned to acclaim you, who walk in the light of your presence, LORD” (Psalm 89:15).

Live in the presence of God.

A Model to Follow

Toward the end of his life, Lincoln modeled how to relieve unhealthy stress and how to bless others in the midst of stressful circumstances.

Relieving stress begins with a right relationship with God through His Son, Jesus Christ, and understanding that God is sovereign over everything. There is no better stress reliever than knowing that God is in control of every circumstance in our lives.

Next, reading and studying God's Word and spending time with God in prayer was a great relief to Lincoln. He was undoubtedly comforted by the assurances from God's Word about His infinite love, grace, and eagerness to help and save.

Lastly, Lincoln was greatly relieved when he understood that his life had purpose. Realizing your life has purpose can be a great stress reducer. Lincoln furthermore understood that he could never fulfill his purpose in his own strength, but through God's strength alone.

Discussion/Application Questions

1. Over the past six sessions, how has your understanding of stress changed as a result of this study? What are one or two key takeaways the Lord has revealed to you about handling stress?

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2. Describe the benefits (physical, mental, emotional, spiritual, relational) of implementing some of the stress-reducing techniques listed in this session.

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3. Take a moment and list some of the good things God has done in your life during stressful times. Thank Him for the moments that have helped you grow and taught you more about Him.

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4. As you look ahead, describe at least one key step you will take or one habit in your life that will begin, change, or stop in order to help you reduce stress in your life.

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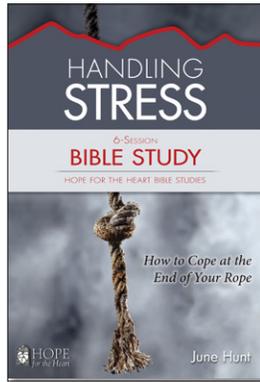
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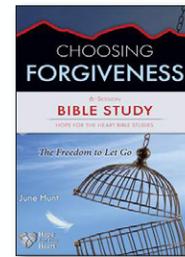


Handling Stress 6-Session Bible Study

77% of Americans regularly experience physical symptoms caused by stress (headache, tiredness, upset stomach, muscle tension, and more), according to the American Institute of Stress (2016).

When the stresses of life start affecting your health and relationships, know you can turn to biblical principles to help you break free. Find refreshment in God's Word with this 6-week study on handling stress by Rose Publishing. Packed with practical tips, realistic advice, and discussion questions, the *Handling Stress* Bible study invites you to dive deeper into the Bible and learn how to apply its truth to your life.

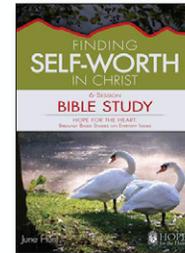
Softcover 978-1-62862-396-3 \$9.99



Choosing Forgiveness

This book is laid out in an easy-to-follow format with key principles straight from the Word of God. Relevant Scriptures are outlined and formatted to clearly give you a step-by-step roadmap to help you understand and overcome unforgiveness, all while equipping you to lead others on the path to choosing forgiveness.

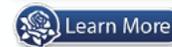
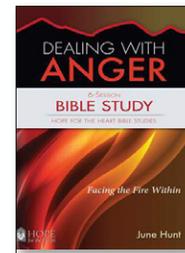
Softcover 978-1-62862-384-0 \$9.99



Finding Self-Worth in Christ

In this 6-week Bible study, you will discover how to leave behind feelings of worthlessness and find out your "true worth," the worth you have in the eyes of your heavenly Father. This interactive Bible study digs deep into Scripture, showing you how to overcome past rejection, how to stop the comparison cycle; and how to break free from false perceptions.

Softcover.....978-1-62862-399-4.....\$9.99



Dealing with Anger

We all have times of anger, disappointment, and frustration. But it is how you respond to the anger that matters most. Should you cover it up? Suppress it? Let it go? Find peace and refreshment in God's Word with this 6-week study on managing anger by June Hunt. Packed with practical tips, realistic advice, and discussion questions, this Bible study invites you to dive deeper into the Bible and learn how to apply its truth to your life.

Softcover978-1-62862-387-1..... \$9.99



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