

life|GROUPS
40's & 50's
Building Strong Families

Stress

1-18-17

Stress can be a relationship bummer, because stress is typically not something that only affects those under it, it projects to others as well. Even if we can “handle it”, its’ effects can damage our relationships and people we care about.

How?

We dump on others

We have expectations of others

We get angry easily

We express guilt blame

We’re not safe

We’re not fun to be with

We think we can handle more than we really can

Is all stress bad? No

- 2 Cor. 12: 7-10
- James 1:2-4

The truth about stress:

Stress either gets between God and me, or it pushes me closer to His heart.

Why do we get stressed?

- Priorities get out of line
- Work
- Financial reasons
- Relationships
- Take on too many responsibilities
- Family/health issues

Luke 10:38-42

Is the story of the two sisters of Lazarus, Mary and Martha.

Jesus comes to visit, which causes each of the sisters to respond in a different way. As a result, one gets stressed out at the other and ultimately at Jesus.

Notice that 3 things happen as a result of Martha's stress:

1. She assumes Jesus doesn't care
2. She assumes that her sister has bad motives
3. She assumes she alone is doing the right thing

What do I do with the stress in my relationships?

1. 1 Peter 5:7
2. Proverbs 3:5-6
 - Trust
 - Don't trust
 - Right with the Lord
3. Matthew 11:28
4. Get counsel/perspective - Proverbs 17:17

Questions

When are you most likely to be stressed?

What are some good things you see coming from stress?

What are some bad things you see?

How does “our” stress affect others around us?

What are the side effects spiritually of stress?

How would you counsel someone you care deeply about to handle stress?

What priorities do you need to evaluate to help you keep stresses small?