



## CHRIST CHURCH RESOURCES

### STRESS

Some stress is a natural part of life as we meet deadlines or reach for excellence. But stress develops into a serious problem when it becomes entrenched as a cycle we can't shake. It can be both destructive and motivating. It can sneak up on us and linger for what seems like forever, even never going away for some. Stress affects some far more than others, and we all handle it differently. It doesn't discriminate based on gender, age, geography, finances, or race. It permeates all aspects of life and affects our mental, emotional, spiritual, and physical health. It ignores the line between work and personal life. With constant demands on our time, energy, and emotions, it feels impossible to turn "off." Instantly accessible at any moment, we're always on-call and in-demand. No wonder we're stressed out.

Stress tends to hit us when we're overtired, when we're sick, and when we're outside of our safe and familiar environment. When we've taken on too many responsibilities, during times of grief and tragedy, when our circumstances spin out of control, we feel stressed. And when our basic needs are not being met, we feel threatened and anxious. Anxiety in particular can be hard to own up to because it makes us feel weak in an area where so many others appear to be strong. The temptation is to keep pushing and hope the anxiety goes away on its own.

Stress can be an enormous problem and a vicious enemy, but it's not unbeatable. You are not alone! There is hope! In fact, God in His wisdom has given us clear guidance on how to overcome it, in His life-giving Word. The Bible is a great source of guidance and comfort when we feel the weight of stress on us. Additionally, having the help of another person who understands specific mental issues and has helped people in the past can be of benefit as well. One option is to look for help from a therapist or counselor. If you are interested in talking with someone, contact the Christ Church office at 316-733-7011. We would love to connect you with a Pastor or recommend a Counselor or Therapist for you.

### SCRIPTURE

Psalm 94:19

Matthew 11:28-30

Philippians 4:6-7

Matthew 6:34

Proverbs 3:5-6

James 1: 2-4

Luke 12:25-26

### RESOURCES

"Get Out of Your Head: Stopping the Spiral of Toxic Thoughts" by Jennie Allen

"Stress Less: Stop Stressing, Start Living" by Kate Hanley

"It's Not Supposed to Be This Way" by Lysa TerKeurst

YouTube Video: How To Manage Your Stress

Overcoming Stress Devotional: [www.my.bible.com/reading-plans](http://www.my.bible.com/reading-plans)

"Boundaries: When to Say YES, When to Say NO, To Take Control of Your Life" by Henry Cloud

The Boundaries.me Podcast