PRACTICAL STEPS TO DEAL WITH STRESS SO THAT IT'S A BLESSING INSTEAD OF A CURSE

Read

- Romans 5:3-5, Matthew 11:28-30, Matt. 6:25-34, Philippians 4:6-7, Psalm 55:22, I Peter 5:6-7, Psalm 46:10, and Psalm 37:7

Understand God's purpose for your life.

- What is your divine design?
- How did God create you uniquely you, and what did He create you for? (Col 1:16)
- Believe only God can fulfill the secret desires of your heart. (Psalm 37:4)
- Believe only God can give you success according to His definition, not yours.
- Confess/repent of any materialism or desire for blessing yourself/family instead of letting God do it in His way and in His timing. (Otherwise fleshly desires will create chronic stress syndrome.)

Practical Steps

Use the lines below to write any practical steps to take in each area.

1. Get rid of junk stress: Clean out your house, garage, car, files, kitchen, and your brain or unnecessary junk. (Note: It is always more than you think).

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2. Delegate everything you can to the right person(s) who should do the job. Are you still doing things that are not your strength, your calling?

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3. Find out what your best time of the day is to get work done and re-work your schedule so you get most of your work done during those specific hours of the day.

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4. Maintain proper margins in your life: Six days of work, seventh day for rest. Plan specific days for spiritual retreats outside of normal routine at least 2x a month.

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5. Eat healthy, exercise, and eat more protein and fat than carbs. (Get 8 hours of sleep.)

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6. Plan out the next 1-2 weeks, 3 months, 6 months, 12 months, 2 years and up to 5 years.

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7. If you are procrastinating at all, you are causing your own stresses to multiply.

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8. Write down a clear list of your priorities according to Scripture and eliminate the things you need to eliminate. Obey instead of sacrifice (I Sam 15:22)

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9. Write down the areas you are not disciplined in and what steps you are going to make today to become disciplined, in your spending, thoughts, desires, use of free time, use of work time, family relationships, and friends.

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10. Remove all unnecessary activities that do not align with God's purpose for your life. (Put everything in alignment in your life and remove all that does not align rightly.)

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11. Add activities in your life that help you alleviate stress like riding a bike or walking on a trail while praying.

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12. Remove any relationships that are not of God, (i.e. toxic relationships, so that you can clearly focus on God's purpose for your life without unnecessary stressful/toxic relationships.)

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13. Reframe the specific stresses in your life as a challenge / adventure. View stress as a boost / motivation for you to accomplish your goals for God's glory.

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14. View common worry positively / naturally because you care. Do not make negative associations just because worry is present. We sin when it goes from a concern to distrusting God with our emotions and make negative associations i.e. *fretting*, which is a sin against God. (Ps. 37)

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15. Ask God to give you divine wisdom to make decisions to resolve all the stress you can, and find solutions for every need. The things you cannot control, which are the majority, you must choose to leave in God's complete sovereign and perfect providential care for your life and for those loved ones around you.

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