

Sermon Title: “When Life is a Stress Test”
Part 1, “The Stress-less Life” Series
Matthew 6:25-34
April 23, 2023
By Dr. Bob Lee

Sermon Notes

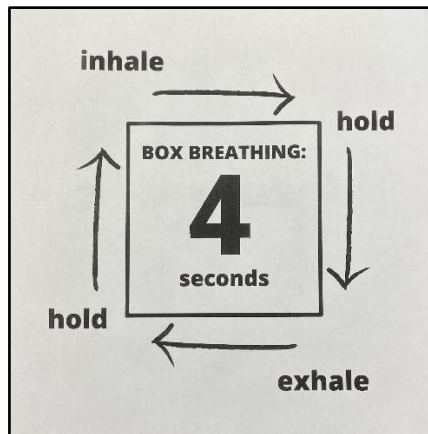
Big Idea: To experience stress is normal. With the unshakable presence of God’s peace, we can live with less stress.

Stress Defined: Stress is a prolonged activation of the human body’s defensive “fight or flight” mechanism. We experience stress when life’s demands (**stressors**) *increase* and our capacity to handle them *decreases*. See www.stress.org to learn more.

Stress Management Tools:

Physiological – Relaxation, Exercise, Nutrition.

Practice “*Box Breathing*”



Behavioral – Pastoral Counseling, Coaching and Self-direction. The Virginia Institute of Pastoral Care is an excellent resource – www.VipCare.org.

Cognitive – Reframing our Outlook, Embrace Hope in Jesus, Change our “Internal Soundtrack.”