

## 4—Managing Stress

1/23/2022

### INTRO:

#### I. → Hebrews 4:14-16

*Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess.*

→ 15 *For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin.*

→ 16 *Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.*

#### II. COVID GIVING US NEW SOURCES OF CHRONIC STRESS

#### III. ANGER MANAGEMENT—CALM DOWN

IV. Stress hard to define. "In addition to being itself, was also the cause of itself, and the result of itself."—Hans Selye, 1926

V. Response to disruption of homeostasis

### BODY:

#### I. The Impulse to Freeze

A. Stress comes when our natural defenses begin to fail.

##### 1) Mark 14:33-34

*He took Peter, James and John along with him, and he began to be deeply distressed and troubled. "My soul is overwhelmed with sorrow to the point of death," he said to them. "Stay here and keep watch."*

a) Grk (*ekthambéō*) utterly dumfounded

b) Grk (*ademonéō*) heavy, distressed (Hades)

c) Grk (*perílupos*) grieved all around

##### 2) THE BEAR RULES

- B. We need to find healthy ways to get back in control.
- 1) **Hebrews 5:7**  
*During the days of Jesus' life on earth, he offered up prayers and petitions with fervent cries and tears to the one who could save him from death, and he was heard because of his reverent submission.*
  - 2) **CONTROLLING THE SOURCE OF THE STRESS**
    - A. Learning to set limits
    - B. Changing the work environment
    - C. Dealing with conflict
    - D. Living within our means

## II. The Instinct to Flee

- A. Stress is our body's natural response to threat or danger.
- 1) **Mark 14:38**  
*"Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak."*
  - 2) **EYE TWITCH THAT FADED WITH TIME**
  - 3) Joe Knapp—"In my heart I wanted to be a martyr for Christ, but my fear wouldn't let me."
  - 4) **THE HOLMES AND RAHE SCALE**
    - a) Major holiday, vacation, change in church activities
    - b) Death of spouse, divorce, loss of job
- B. Much of the remedy must happen in our body as well.
- 1) **1 Corinthians 9:25**  
*Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever.*
  - 2) **STRESS IS A GOD GIVEN SURVIVAL MECHANISM**

The Autonomic Nervous System

    - a) The amygdala and hypothalamus process the signal
    - b) The pituitary gland secretes adrenocorticotrophic hormone

- i) Increased blood flow to the muscles activated by diverting blood flow from other parts of the body.
  - ii) Increased blood pressure, heart rate, blood sugars, and fats in order to supply the body with extra energy.
  - iii) The blood clotting function of the body speeds up in order to prevent excessive blood loss in the event of an injury sustained during the response.
  - iv) Pupils dilate and hearing lessens to give us focus on the fight.
  - v) Increased muscle tension in order to provide the body with extra speed and strength.
- 3) If we don't run that stuff of it settles in our system

### III. The Initiative to Fight

A. We cannot avoid all stress, but we can get better at management.

1) **John 16:33**

*"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."*

2) **DRAINING THE TANK AND FILLING THE TANK**

- a) Taking up a hobby
- b) Doing something with your hands
- c) Getting together with friends
- d) Talking with someone about it
- e) Listening to music
- f) Spending more time in nature

B. Our Savior understands what we are going through.

1) **Psalms 25:16-18**

*Turn to me and be gracious to me,  
for I am lonely and afflicted.  
Relieve the troubles of my heart  
and free me from my anguish.  
Look on my affliction and my distress  
and take away all my sins.*

2) **GOING AFTERT CHROMERS**