

# How to Handle Stress

Luke 22:39—52

## INTRODUCTION:

Stress is a reality of life. We find pressures pressing in on every side.

Stress it's everywhere, we find it at home, at work, at church and outside the church. Someone said we live in "The Aspirin Age."

Illustration: Story AA Flight 587 lost an engine and the plane crashed on Rockaway Beach, Queens NY. 260 people lost their lives. The final verdict on this accident was not terrorism but actually it was caused by the stress from this plane flying in the air: stress fractures.

We need to ask ourselves do I have stress fractures in my life!

## JESUS DEMONSTRATED 6 PRACTICAL WAYS TO RELIEVE STRESS.

### 1. FIND A QUIET PLACE AND GET AWAY FROM THE STRESS.

Luke 22:39-41 (ESV): <sup>39</sup> *And he came out and went, as was his custom, to the Mount of Olives, and the disciples followed him. <sup>40</sup> And when he came to the place, he said to them, "Pray that you may not enter into temptation. <sup>41</sup> And he withdrew from them about a stone's throw, and knelt down and prayed...*

Jesus frequently got away from the stress of ministry to spend time with the Father.

Matthew 14:22—23 (ESV): <sup>22</sup> *Immediately he made the disciples get into the boat and go before him to the other side, while he dismissed the crowds. <sup>23</sup> And after he had dismissed the crowds, he went up on the mountain by himself to pray.*

Times of spiritual and mental refreshment comes in these times of seclusion. Time to just get away from the hustle and bustle of life and times to be refreshed with the Father.

### 2. FACE STRESS HEAD ON AND DON'T DENY IT.

Jesus did this in the Garden of Gethsemane  
How stressed was Jesus.

Luke 22:42-44 (ESV): <sup>42</sup> *"Father, if you are willing, remove this cup from me. Nevertheless, not my will, but yours, be done."* <sup>43</sup> *And there appeared to him an angel from heaven, strengthening him. <sup>44</sup> And being in agony he prayed more earnestly; and his sweat became like great drops of blood falling down to the ground.*

He sweated drops of blood!

He faced his greatest stress head on which was to go to the cross.  
Jesus could face His stress because He had the help of His Father.

Thomas Whiteman tells us three ways to deal with stress: We must ask ourselves...

**1. Can I Avoid this stress?**

- For example: If I quit gambling away my money I won't have the financial stress from losing it.

**2. Can we Alter our stress level?**

- Example: Will I make the decision to do less instead of more.  
Will I choose to draw boundaries and say no.

**3. Do I have to Accept this stress?**

- The thought here is to quit fighting against the stress we cannot avoid and alter.
- We must make the decision to ask the Lord to strengthen us and give us wisdom.

**3. PRAY FOR HELP AND INSIGHT IN DEALING WITH STRESS.**

Jesus also modeled to us the most crucial step to dealing with stress.  
We need to do what seems most unnatural to most of us – We need to pray.

James 5:13 (ESV): <sup>13</sup> *Is anyone among you suffering? Let him pray.*

Matthew 6:6 (ESV): <sup>6</sup> *But when you pray, go into your room and shut the door and pray to your Father who is in secret. And your Father who sees in secret will reward you.*

Matthew 7:7—8 (ESV): <sup>7</sup> *“Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you.”* <sup>8</sup> *For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened.*

Asking for help from the Lord is the wisest thing you could ever do to overcome life's stress.

Prayer has become the lost tool of today for coping with the stress of life. Yet it is the most effective tool in dealing with stress.

**4. CONFRONT OUR STRESS**

Our stress will not go away until we get God's wisdom and insight into dealing with them and then we must act.

Jesus faced his accusers and the ones who come to arrest Him.

Luke 22:45-48 (ESV): *When he rose from prayer, he came to the disciples and found them sleeping for sorrow,* <sup>46</sup> *and he said to them, “Why are you sleeping? Rise and pray that you may not enter into temptation.”* <sup>47</sup> *While he was still speaking, there came a crowd, and the man called Judas, one of the twelve, was leading them. He drew near to Jesus to kiss him,* <sup>48</sup> *but Jesus said to him, “Judas, would you betray the Son of Man with a kiss?”*

He dealt with the betrayal of a friend. He did not yell scream or get even. He faced the stress.

## 5. MAKE SURE TO KEEP YOUR PERSPECTIVE.

Jesus did not let violence deal with the situation of his arrest. Instead he performed a miracle and rebuked the act of violence. Don't make rash decisions.

*John 18:10—11 (ESV): <sup>10</sup> Then Simon Peter, having a sword, drew it and struck the high priest's servant and cut off his right ear. (The servant's name was Malchus.) <sup>11</sup> So Jesus said to Peter, "Put your sword into its sheath; shall I not drink the cup that the Father has given me?"*

We need to make sure when we confront our stress that our perspective is a Godly and loving perspective.

## 6. DETERMINE TO PERSEVERE THROUGH THE STRESS.

We must learn to push through to the other side.  
Too many today do not press through stress. Many give in.

*John 19:30 (ESV): <sup>30</sup> When Jesus had received the sour wine, he said, "It is finished," and he bowed his head and gave up his spirit.*

Giving up does NOT win the battle over stress.  
When we give up we lose and stress wins.

We need to keep our eyes on the Lord! He promises to help us through.

*Hebrews 12:1-3 (ESV): Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, <sup>2</sup> looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. <sup>3</sup> Consider him who endured from sinners such hostility against himself, so that you may not grow weary or fainthearted.*

### 5 Practical Things You Can Do To Persevere Through Stress:

1. Exercise.
2. Diet and nutritional eating habits.
3. Seek Christian Counsel.
4. Use wisdom in decision making.
5. Plan something you like weekly.

## CONCLUSION

Illustration: Farmer plowing in the field with the older ox and a young ox together. His explanation was that the young ox could learn from the older.