



What to Do When Stressed

1. Stop moving, talking and thinking.

Lamentations 3:26 NIV “It is good to wait quietly for the salvation of the Lord.”

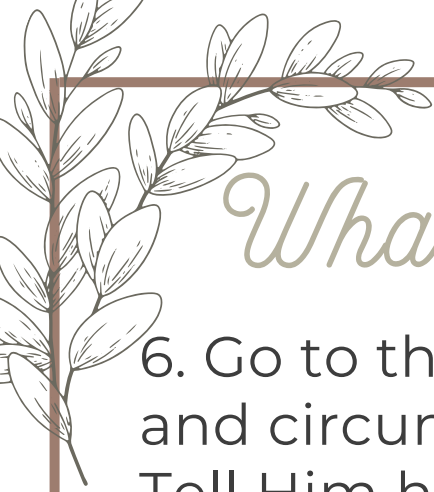
Quietness prepares our heart for the Lord.

2. Take a deep breath. One of my favorite breathing exercises is to breathe in 4 seconds, hold for 7 seconds and release for 8.

3. Decide which emotion you are experiencing. Examples: Depressed, lonely, overwhelmed.

4. Go to the back of your Bible to the concordance and look up the word you need. Ex. Anxiety. If your Bible does not have one or you can't find the word you need, go to google search. Plug in Bible Gateway Dictionary of Bible Themes with the word you need. It will display the link to click on. There will be a lot of information to guide you. If I can be of help, let me know.

5. Look up each verse under that emotion. Read it thoroughly. Meditate on what it says.



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6. Go to the Lord in prayer about that emotion and circumstances surrounding that emotion. Tell Him how you feel. Be honest. Get that emotion out.

7. Ask the Lord for His help. He wants to know you need Him and this helps build a relationship with Him.

8. Take Him at His Word. Don't walk away with just words. Believe what is said.

James 1:5-6, "If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. But when you ask, you must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind."

9. Accept the peace He offers. It's not easy to be at peace when we are anxious, only God can do this for us. Remember you have to believe.

10. Praise Him for His love and help. Always remember to thank Him for His gifts, He deserves it. Praising God brings us joy in all our circumstances.