

**First Church of God
September 29, 2013
Sermon Notes
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**“Living In a World of Stress”
Psalm 37: 1 – 7: 34**

Introduction:

In today’s society, it is estimated that the top ten killers of people are all stress related diseases.

1. Three Major causes of Everyday Stress:

Luke 16: 1 – 2

- **Life Changes**
- **Work Related** factors
- **Environmental** Problems

Eight ways to know stress is increasing:

According to the National Association for Mental Health, here are eight ways to tell is the gauge is moving up inside you:

- Do minor problems and disappointments get under your skin and rise you more than they should?
- Are you finding it hard to get along with people? And are people having trouble getting along with you?
- Have you found that you’re not getting much of a kick anymore from the things you used to enjoy ... watching a basketball game, going fishing or camping, seeing a movie?

- Do you anxieties haunt you; that is, are you unable to shut them out of your mind?
- Are you now scared of people and situations that never used to bother you?
- Have you noticed that you’re becoming suspicious of people around you, even of your friends?
- Does the feeling that you’re being trapped come over you?
- Do you feel inadequate, just not good enough to hack it?

Quotes: “For fast-acting relief, try slowing town.” -- Lily Tomlin
Even my anxieties have anxieties.” -- Charlie Brown

2. Ways to Reduce Stress

- **Commit** your worries to the Lord. **Psalm 37: 1 – 2.** Do not fret because of evil men or be envious of those who do wrong; for like the grass they will so on wither, like green plants they will soon die away.”
- **Trust** God for your provisions. **Psalm 37:4.** “He will give you the desires of your heart.”

A. God renews us. Ephesians 4: 23 – 24.

Be **renewed** in your mental attitude (mind) and put on the new nature that is created in God’s likeness in genuine righteousness and holiness.

Renewed means:

- To **Give** new spiritual strength
- To **Re-establish;** revive.
- To **Go** over again, repeat.
- To **Begin** again; start over.

- To Restore ,, to bring back to an original or unpaired condition after exhaustion. Psalm 23:2 “He makes me lie down in green pastures; He leads me beside still waters, He **restores** my soul..”
- When we **Renew** our minds God will keep us in **Perfect** peace.
- **Isaiah 26:3** “You (God) will keep him in **perfect peace** whose mind is stayed (fixed) you because he trusts in you ...

Point: **Worry** is the opposite of peace.

- To **refresh** – restoring of depleted strength.

3. **Delight** in the Lord.

- **Psalm 37: 4** “Delight Yourself”
- **Phil. 4: 6 – 7** “Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”
- **Practice** being patient.
Psalm 37:7 “Be still before the Lord and wait patiently for him; do not fret when men succeed in their ways, when they carry out their wicked schemes.”

Points:

62% of Americans claim they experience a great deal of stress at least once a week.

Stress is responsible for **two-thirds** of all office visits to doctors. - - from Raymond McHenry, “The Best Off “In Others Words.” (Houston McHenry Publishing 1996, p. 245.)

- Wait for your reward. **Psalm 37:34** “Wait for the Lord and keep his way. He will exalt you to inherit the land; when the wicked are cut off, you will see it.”

Galatians 6:9 “Let us now become wear in doing good, for at the proper time we will reap a harvest if we do not give up.”

Conclusion: