

NIP/TUCK

Stress Reduction

5 Secrets To Stress Reduction

1. The principle of identification

Romans 12:6-8 We have different gifts, according to the grace given us. If a man's gift is prophesying, let him use it in proportion to his faith. ⁷ If it is serving, let him serve; if it is teaching, let him teach; ⁸ if it is encouraging, let him encourage; if it is contributing to the needs of others, let him give generously; if it is leadership, let him govern diligently; if it is showing mercy, let him do it cheerfully. (NIV)

2. The principle of dedication

Acts 6:1-4 In those days when the number of disciples was increasing, the Grecian Jews among them complained against the Hebraic Jews because their widows were being overlooked in the daily distribution of food. ² So the Twelve gathered all the disciples together and said, "It would not be right for us to neglect the ministry of the word of God in order to wait on tables. ³ Brothers, choose seven men from among you who are known to be full of the Spirit and wisdom. We will turn this responsibility over to them ⁴ and will give our attention to prayer and the ministry of the word." (NIV)

3. The principle of delegation

Exodus 18:13-18 The next day Moses took his seat to serve as judge for the people, and they stood around him from morning till evening. ¹⁴ When his father-in-law saw all that Moses was doing for the people, he said, "What is this you are doing for the people? Why do you alone sit as judge, while all these people stand around you from morning till evening?" ¹⁵ Moses answered him, "Because the people come to me to seek God's will. ¹⁶ Whenever they have a dispute, it is brought to me, and I decide between the parties and inform them of God's decrees and laws." ¹⁷ Moses' father-in-law replied, "What you are doing is not good. ¹⁸ You and these people who come to you will only wear yourselves out. The work is too heavy for you; you cannot handle it alone." (NIV)

4. The principle of relaxation

Mark 6:30-31 The apostles gathered around Jesus and reported to him all they had done and taught. ³¹ Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, "Come with me by yourselves to a quiet place and get some rest." (NIV)

Proverbs 17:22 A cheerful heart does good like medicine, but a broken spirit makes one sick. (TLB)

5. The principle of meditation

Philippians 4:6-7 Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (NIV)

Matthew 11:28-29 "Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls." (NIV)

CG Questions

1. Why do so many people have unhealthy stress in their lives?
2. How does identifying our strengths and weaknesses help us overcome stress?
3. How does having priorities in our lives that we are dedicated to help us overcome stress?
4. Why is resting so vital to overcoming stress?
5. How does Christ help us overcome stress?