

Dealing with Stress and Pressure

Jesus says, “do not let your hearts be troubled, believe in God, believe also in me I am the way, the truth and the life.” *John 14*

Ken Costa in his book ‘God at Work’ (*Continuum 2007*) gives the following 7 tips for dealing with stress.

- 1 Stay healthy. If our bodies are temples of the Holy Spirit (1 Cor 6.19) we need to take care of them. Take breaks, days off, eat well, exercise.
- 2 Fight fear by trusting in the Lord. Ps 112.7 Trusting in the Lord is something that we learn to do.
- 3 Take joy seriously and be thankful at all times. 1 Thess 5:16 In the midst of stressful or difficult times it really helps to focus on things that you can be thankful for.
- 4 Take an emotional break. Sometimes we need to make a decision to do something different.
- 5 Minister in the opposite spirit. This is tough. See 1 Cor 4:12-13. Count to 10 before responding asking the Holy Spirit to help you respond in a Godly way. (*Works with emails too!*)
- 6 Take control of your thoughts. Philippians 4:8 When negative thoughts come ask the Holy Spirit to help you deal with them, I’ve met people who write them down, or speak them out (in a quiet place). I read of a man who has a worry time every morning between 9 and 9.15. When things worry him he writes it down, doesn’t think about it and saves it for his worry time. How can we take control of our thoughts?
- 7 **Finally and most importantly, worship, pray and read the bible.** Gain Godly perspective, daily, if not more frequently.