



Tapping into the Ultimate Power Source

1 Peter 5:6-11

1/15/2023



What is stress?

A stressor, is any type of **external** change that causes physical, emotional, or psychological strain. Stress is our body's response to anything that **requires attention or action**.

(World Health Organization)





The “Stress in America” Survey (Oct 2022)

- **76%** reported that they experienced at least one symptom in the last month as a result of stress
- **72%** reported that they experienced more than one symptom in the last month related to stress
- **27%** reported that most days they are so stressed out that they cannot function

We are a stressed out generation!





Develop

Develop new skills

Be

Be kind to yourself

Engage

Engage in self-care

Limit

Limit exposure to news

Control

Control what you can

Avoid

Don't dwell on things you can't control

Seek

Seek support from others

American Psychological Association (APA) tips for managing stress, anxiety, and uncertainty

"10 Tips for Dealing With the Stress of Uncertainty" <https://www.apa.org/topics/stress/uncertainty>



1 Peter 5:6-11





⁶ **Humble yourselves**, therefore, under God's mighty hand, that he may lift you up in due time. ⁷ **Cast all your anxiety on him** because he cares for you.

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⁸ Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. ⁹ Resist him, **standing firm in the faith**, because you know that the family of believers throughout the world is undergoing the same kind of sufferings.

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¹⁰ And the God of all grace, who called you to his eternal glory in Christ, after you have **suffered** a little while, will himself restore you and make you strong, firm and steadfast. ¹¹ To him be the power for ever and ever. Amen.

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The World

The Bible



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skills

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Be kind to yourself. Self-care.

Ask God to lift you up.
God cares.

The World

The Bible



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Limit negative news

Recognize and accept suffering.

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Let go and cast your cares on Christ, including things you can control.

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Avoid dwelling on
uncontrollable things

Accept uncontrollable things.

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Seek out others for
support

Seek out God for support.

The World

The Bible



Believe in
yourself.
WE have
the power.

Stand firm in your faith.
To **HIM** be the power.

On managing stress

Take notice of when you tend to be the most stressed out. Once you've identified the time, place, or even person that tends to trigger your stress, build a habit of mindfulness to strategically address those moments in your day.





Simple steps to take when stressed

Humble myself

Cast all my cares upon God.

Stand firm in my faith

Meditate on God's Word.

Ask God to speak His truths.

Release and receive

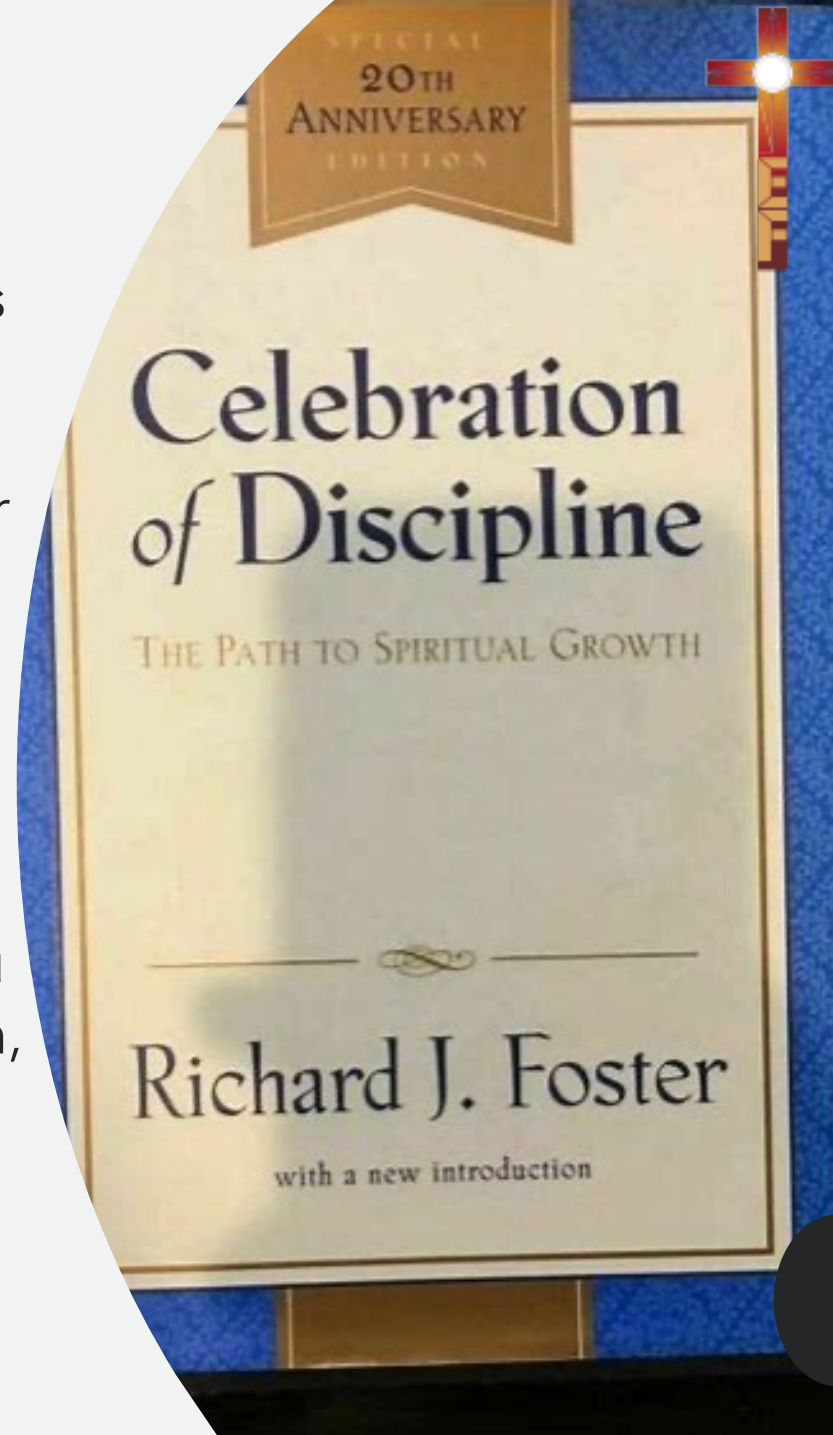
Release and let things go.

Receive the grace of God.

Palms Down, Palms Up

Be alone with God. Place our hands out palms down. Let go of stress or whatever is bothering you. Whatever is causing you to worry or be anxious, just let it fall into the hands of Jesus.

Next, turn your palms up as a symbol of your desire to receive from the Lord. Ask for whatever you think you need. If you need wisdom, ask Jesus for it. If you need direction, healing, forgiveness, peace - whatever it is, just ask and be ready to receive.





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Adapt and be alert

Recognize that you will suffer.

Let the peace of God lead you.



Soak in God's peace. Saturate your life with prayer and scripture, believing that God is with you. Soaking in God's promises leads to a peace that transcends all understanding.

We should be worried, but we aren't. We should be upset, but we are comforted. The peace of God transcends all logic, scheming, and efforts to explain it.