

Psalm 127:2-AMP

It is vain for you to rise up early, to take rest late, to eat the bread of **[anxious] toil**--for **He gives [blessings] to His beloved in sleep.**

1. STRESS COMES INTO OUR LIVES: WHEN WE FOCUS ON, OR EVEN SPEAK NEGATIVELY ABOUT THE CIRCUMSTANCES THAT WE FACE.

Matthew 6:25,31-AMP

25 Therefore I tell you, **stop being perpetually uneasy (anxious and worried) about your life,** what you shall eat or what you shall drink; or about your body, what you shall put on. Is not life greater [*in quality*] than food, and the body [*far above and more excellent*] than clothing?

31 Therefore, **do not worry and be anxious, saying,** What are we going to have to eat? or, What are we going to have to drink? or, What are we going to have to wear?

Philippians 4:6-AMP

Do not **fret or have any anxiety** about anything, **but in every circumstance and in everything, by prayer and petition (definite requests), with thanksgiving, continue to make your wants known to God.**

Passion – 6 **Don't be pulled in different directions or worried about a thing.** Be **saturated in prayer throughout each day,** offering your faith-filled requests before God with overflowing gratitude. **Tell him every detail of your life,...**

2. STRESS LEAVES OUR LIVES: WHEN WE THROW ALL THE CONCERNS ON HIS SHOULDERS.

1 Peter 5:7-NKJV

...casting all your care upon Him, for He cares for you.

Passion

7 Pour out all your worries and stress upon him and leave them there, for he always tenderly cares for you.

His power can begin to operate because you've **acted in faith** and **cast your cares** on Him!

3. WE HAVE EVERYTHING WE NEED FROM HEAVEN (GOD'S RESOURCES) TO LIVE FREE FROM STRESS.

Philippians 4:19-Passion

19 I am convinced that **my God shall fully satisfy every need you have,** for I have seen **the abundant riches of glory** revealed to me through the Anointed One, Jesus Christ!

Ephesians 1:3-GW

3 Praise the God and Father of our Lord Jesus Christ! Through Christ, **God has blessed us with every spiritual blessing that heaven has to offer.**

Passion - 3 **Everything heaven contains has already been lavished upon us as a love gift from our wonderful heavenly Father,** the Father of our Lord Jesus— **all because he sees us wrapped into Christ.** This is why we celebrate him with all our hearts!

Blessed – barak - **to “be blessed, to kneel, or to be adored.”** It also means to **“be endowed with divine favor, protection, and prosperity.”**

Galatians 3:13–14-KJV

Christ hath redeemed us from the curse of the law, being made a curse for us: for it is written, Cursed is every one that hangeth on a tree: that **the blessing** of Abraham might come on the Gentiles through Jesus Christ; that we might receive the promise of the Spirit through faith”

Passion – 14 ...Jesus, our Messiah was hung upon a “tree,” *bearing the curse in our place* and in so doing, *dissolved it from our lives, so that all the blessings of Abraham can be poured out upon even non-Jewish believers*. Through Christ, you and I have received the blessing of Abraham.

We have been empowered to do well, and we have been endowed with the favor and goodness of God.

You have to replace those worries with the Word. You are the one who has to keep your thoughts under control.

Luke 8:11,14-GW

11 "This is what the story illustrates: *The seed is God's word.*

14 The seeds that were planted among thornbushes are people who hear the word, but as *life goes on the worries, riches, and pleasures of life choke them*. So they don't produce anything good.

Hebrews 13:5-6-AMP

5 Let your character or moral disposition be free from love of money [*including greed, lust, and craving for earthly possessions*] and be satisfied with your present [*circumstances and with what you have*]; for *He [God] Himself has said, I will not in any way fail you nor give you up nor leave you without support. [I will] not, [I will] not, [I will] not in any degree leave you helpless nor forsake nor let [you] down (relax My hold on you)! [Assuredly not]*⁶ So we take comfort and are encouraged and confidently and boldly say, *The Lord is my Helper; I will not be seized with alarm [I will not fear or dread or be terrified]. What can man do to me.*



**WE ARE BLESSED
BEYOND
THE STRESS!**

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