Be Healthy

DIET | EXCERCISE | HABITS

RELATIONSHIPS | FUN | **STRESS** | SERVICE

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What is the most stressful experience in your life?

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STRESS
/stres/ noun

- pressure or tension exerted on a material object
- a state of mental or emotional tension from adverse or demanding circumstances

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Be Realistic …

Our goal in life should not be to <u>eliminate</u> stress all together, but rather, learn healthy ways to <u>respond</u> to it and <u>release</u> it.

Coping Mechanisms:

< Positive >

music, laughing friend, shopping, bath, being creative, exercising, nature ...

< Negative >

critical, driving fast, fingernails, aggressive, eating, coffee, smoking, alcohol, yelling, drugs, avoidance

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"Lean not on your own understanding, in all your ways acknowledge Him and He will make your paths straight."

Proverbs 3:5-6 (NIV)

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"If you decide ... on living a life of God-worship, it follows that you don't fuss about what's on the table at mealtimes or whether the clothes in your closet are in fashion. There is far more to your life than the food you put in your

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stomach, more to your outer appearance than the clothes you hang on your body. Look at the birds, free and unfettered, not tied down to a job description, careless in the care of God. And you count far more to him than

birds. Has anyone by fussing in front of the mirror ever gotten taller by so much as an inch? All this time and money wasted on fashion—do you think it makes that much difference? Instead of looking at the fashions, walk out

into the fields and look at the wildflowers. They never primp or shop, but have you ever seen color and design quite like it? The ten best-dressed men and women in the country look shabby alongside them.

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If God gives such attention to the appearance of wildflowers—most of which are never even seen—don't you think he'll attend to you, take pride in you, do his best for you? What I'm trying to do here is to get you to relax, to not

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be so preoccupied with getting, so you can respond to God's giving. People who don't know God and the way he works fuss over these things, but you know both God and how he works. Steep your life in God-reality, God-initiative,

God-provisions. Don't worry about missing out. You'll find all your everyday human concerns will be met. Give your entire attention to what God is doing right now, and don't get worked up about what may or may not

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happen tomorrow. God will help you deal with whatever hard things come up when the time comes.

Matthew 6: 25-34 (MSG)

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“Do not let your hearts be troubled. Trust in God; trust also in me. In my Father’s house are many rooms; if it were not so, I would have told you. I am going there to prepare a place for you.

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And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. You know the way to the place where I am going."

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“Lord, we don’t know where you are going, so how can we know the way?” Jesus answered, “I am the way and the truth and the life. No one comes to the Father except through me.”

John 14:1-6 (NIV)

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A Christian Response:

< Perspective >

< Trust >

< Focus >

< Release >

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