**You Asked For it** (Graphic)

#5. Discovering God’s purpose for my life.

#4. Surviving life’s worst moments.

#3. Raising kids in today’s culture.

#2. Dealing with difficult people.

#1. Help! I’m STRESSED!

**Top 3 factors for stress:**

Money, work, family (relationships)

**Stress** is when the **pressure** exceeds the **capacity**.

(Exodus 18:17-18)

Moses’ father-in-law said to him, “**What you are doing is not good**. You and the people with you will certainly **wear yourselves out**, for the thing is too heavy for you. You are not able to do it alone.” (ESV)

(Exodus 18:23)

“If you do this, **God will direct you**, you will be able to **endure**, and all this people also will go to their place in **peace**.” (ESV)

(Matthew 11:28-30)

“Come to me, all you who are weary and burdened, **and I will give you rest**. 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. For my yoke is easy and my burden is light.”

1. **Increase your capacity** by allowing your body and mind to recover.

(Hebrews 4:9-11)

“There remains, then, a Sabbath-rest for the people of God**; for anyone who enters God’s rest also rests from their works**, just as God did from his. Let us, therefore, make every effort to enter that rest.”

If you work with your **hands**, Sabbath with your **mind**.

If you work with your **mind**, Sabbath with your **hands**.

1. **Increase your capacity** by knowing who you are.

(Galatians 6:4-5)

“Each one should **test their own actions**. Then they can take pride in themselves alone, without comparing themselves to someone else, for each one should carry their own load.”

The happiest people **don’t have less problems**, they just have **more purpose**.

When your ***problems*** distract you from your ***purpose***, you’ll live ***stressed***.

When your ***purpose*** distracts you from your ***problems***, you’ll live ***satisfied***.

1. **Increase your capacity** by simplifying life.

(2 Peter 1:10-11)

“Therefore, my brothers and sisters, make every effort to confirm your **calling** and election. For if you do these things, **you will never stumble**, and you will receive a rich welcome into the eternal kingdom of our Lord and Savior Jesus Christ.”

Your **calling** has **competition**.

(Ecclesiastes 4:6)

“Better **one** handful with **tranquility** than **two** handfuls with **toil** and chasing after the wind.”

I don’t need to be **well known** to be told “**Well done**”.

1. **Increase your capacity** with support from others.

(Ecclesiastes 4:8)

“There was a man all alone; he had neither son nor brother. There was **no end to his toil**, yet his eyes were not content with his wealth. “For whom am I toiling,” he asked, “and why am I depriving myself of enjoyment?”

1. **Increase your capacity** with help from the Lord.

(Psalm 4:8)

“I will lie down and sleep in peace, **for you alone**, O LORD, make me dwell in **safety**.”

(Psalm 29:11)

“The **LORD gives strength** to his people; the LORD blesses his people with **peace**.”

(Romans 5:1)

“Therefore, since we have been justified through faith, we have **peace with God** through our Lord Jesus Christ.”

Most our stress is a result of **ignoring** God’s principles.

**Peace** comes when we put God **first**.