

Living with Stress



By Randall Ricker December 28, 2019

Sabbath Church of God

Proverbs 17:22 A merry heart does good like medicine

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Stressed-out

Psalm 39:1-3

1 A Psalm of David. I said, "I will guard my ways, Lest I sin with my tongue; I will restrain my mouth with a muzzle, While the wicked are before me." 2 I was mute with silence, I held my peace even from good; And my sorrow was stirred up. 3 My heart was hot within me; **While I was musing, the fire burned.** Then I spoke with my tongue:

Psalm 40:11-12

11 Do not withhold Your tender mercies from me, O LORD; Let Your lovingkindness and Your truth continually preserve me. 12 For **innumerable evils have surrounded me;** My iniquities have overtaken me, so that I am not able to look up; They are more than the hairs of my head; Therefore my heart fails me.

Proverbs 12:25

Anxiety in the heart of man **causes depression,** But a good word makes it glad.

Time

James 4:13-16

13 Come now, you who say, "Today or tomorrow we will go to such and such a city, spend a year there, buy and sell, and make a profit"; 14 whereas you do not know what will happen tomorrow. For what is your life? It is even a vapor that appears for a little time and then vanishes away. 15 Instead you ought to say, "**If the Lord wills**, we shall live and do this or that." 16 But now you boast in your arrogance. All such boasting is evil.

Time

Luke 10:38-42

38 Now it happened as they went that He entered a certain village; and a certain woman named Martha welcomed Him into her house. 39 And she had a sister called Mary, who also sat at Jesus' feet and heard His word. 40 But **Martha was distracted with much serving**, and she approached Him and said, "Lord, do You not care that my sister has left me to serve alone? Therefore tell her to help me." 41 And Jesus answered and said to her, "Martha, Martha, you are worried and troubled about many things. 42 But one thing is needed, and Mary has chosen that good part, which will not be taken away from her."

Numbers 11:10-14

10 Then Moses heard the people weeping throughout their families, everyone at the door of his tent; and the anger of the LORD was greatly aroused; Moses also was displeased. 11 So Moses said to the LORD, "Why have You afflicted Your servant? And why have I not found favor in Your sight, that You have laid the burden of all these people on me? 12 Did I conceive all these people? Did I beget them, that You should say to me, 'Carry them in your bosom, as a guardian carries a nursing child,' to the land which You swore to their fathers? 13 Where am I to get meat to give to all these people? For they weep all over me, saying, 'Give us meat, that we may eat.' 14 **I am not able to bear all these people alone**, because the burden is too heavy for me.

Time

Luke 12:22-32

22 Then He said to His disciples, "Therefore I say to you, **do not worry about your life**, what you will eat; nor about the body, what you will put on. 23 Life is more than food, and the body is more than clothing. 24 Consider the ravens, for they neither sow nor reap, which have neither storehouse nor barn; and God feeds them. Of how much more value are you than the birds? 25 And which of you by worrying can add one cubit to his stature? 26 If you then are not able to do the least, why are you anxious for the rest? 27 Consider the lilies, how they grow: they neither toil nor spin; and yet I say to you, even Solomon in all his glory was not arrayed like one of these. 28 If then God so clothes the grass, which today is in the field and tomorrow is thrown into the oven, how much more will He clothe you, O you of little faith? 29 And do not seek what you should eat or what you should drink, nor have an anxious mind. 30 For all these things the nations of the world seek after, and your Father knows that you need these things. 31 But **seek the kingdom of God, and all these things shall be added to you.** 32 Do not fear, little flock, for it is your Father's good pleasure to give you the kingdom.

Money

Luke 12:15-21

15 And He said to them, "Take heed and beware of covetousness, for **one's life does not consist in the abundance of the things he possesses**. 16 Then He spoke a parable to them, saying: "The ground of a certain rich man yielded plentifully. 17 And he thought within himself, saying, 'What shall I do, since I have no room to store my crops?' 18 So he said, 'I will do this: I will pull down my barns and build greater, and there I will store all my crops and my goods. 19 And I will say to my soul, "Soul, you have many goods laid up for many years; take your ease; eat, drink, and be merry." ' 20 But God said to him, 'Fool! This night your soul will be required of you; then whose will those things be which you have provided?' 21 So is he who lays up treasure for himself, and is not rich toward God."

Money

Luke 11:42

But woe to you Pharisees! For you **tithe** mint and rue and all manner of herbs, and pass by justice and the love of God. These you ought to have done, **without leaving the others undone.**

2 Corinthians 9:6-11

6 But this I say: He who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. 7 So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a **cheerful giver**. 8 And God is able to make all grace abound toward you, that you, always having all sufficiency in all things, may have an abundance for every good work. 9 As it is written: "He has dispersed abroad, He has given to the poor; His righteousness endures forever." 10 Now may He who supplies seed to the sower, and bread for food, supply and multiply the seed you have sown and increase the fruits of your righteousness, 11 while you are enriched in everything for all liberality, which causes thanksgiving through us to God.

Money

1 John 4:17-18

17 Love has been perfected among us in this: that we may have boldness in the day of judgment; because as He is, so are we in this world. 18 There is **no fear in love**; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.

2 Corinthians 12:7-10

7 And lest I should be exalted above measure by the abundance of the revelations, a thorn in the flesh was given to me, a messenger of Satan to buffet me, lest I be exalted above measure. 8 Concerning this thing I pleaded with the Lord three times that it might depart from me. 9 And He said to me, "**My grace is sufficient for you**, for My strength is made perfect in weakness." Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me. 10 Therefore I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ's sake. For when I am weak, then I am strong.

Money

Deuteronomy 14:22-26

22 "You shall truly **tithe** all the increase of your grain that the field produces year by year. 23 **And you shall eat before the LORD your God**, in the place where He chooses to make His name abide, the tithe of your grain and your new wine and your oil, of the firstborn of your herds and your flocks, that you may learn to fear the LORD your God always. 24 But if the journey is too long for you, so that you are not able to carry the tithe, or if the place where the LORD your God chooses to put His name is too far from you, when the LORD your God has blessed you, 25 then you shall exchange it for money, take the money in your hand, and go to the place which the LORD your God chooses. 26 And you shall spend that money for whatever your heart desires: for oxen or sheep, for wine or similar drink, for whatever your heart desires; you shall eat there before the LORD your God, and you shall rejoice, you and your household.

Environmental destruction

Genesis 8:20-22

20 Then Noah built an altar to the LORD, and took of every clean animal and of every clean bird, and offered burnt offerings on the altar. 21 And the LORD smelled a soothing aroma. Then the LORD said in His heart, "I will never again curse the ground for man's sake, although the imagination of man's heart is evil from his youth; nor will I again destroy every living thing as I have done. 22 "While the earth remains, **Seedtime and harvest, Cold and heat, Winter and summer, And day and night Shall not cease.**"

Peace of mind

Philippians 4:6-7

6 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the **peace of God**, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.

John 14:27

Peace I leave with you, My peace I give to you; not as the world gives do I give to you. **Let not your heart be troubled, neither let it be afraid.**

Psalms 27:1

1 A Psalm of David. The LORD is my light and my salvation; **Whom shall I fear?** The LORD is the strength of my life; Of whom shall I be afraid?

Peace of mind

2 Timothy 1:7

For **God has not given us a spirit of fear**, but of power and of love and of a sound mind.

Romans 8:31, 38-39

31 What then shall we say to these things? **If God is for us, who can be against us?** ...38

For I am persuaded that neither death nor life, nor angels nor principalities nor powers, nor things present nor things to come, 39 nor height nor depth, **nor any other created thing, shall be able to separate us from the love of God** which is in Christ Jesus our Lord.