

Study QUESTIONS

Ep. 1274: If I Have God's Peace, Why Am I So Stressed?

<https://christianquestions.com/character/1274-stressed/>

See:  CQ Rewind
SHOW NOTES

1. Is stress always a negative force in our lives? How can we describe stress? What will help us balance stress? Briefly, explain the effects of long-term and short-term stress on our bodies.
2. **Principles of Peace:** What helps us to unlock God's peace? (Philippians 4:6-7)
 - a. What are two aspects of God? What does He promise to do to Satan? (Romans 16:20)
 - b. Jesus is Prince of what? How will God use him in God's (and Jesus') primary objective? (Isaiah 9:6)
 - c. How do we gain individual peace with God? What is our role in God's peace? (Romans 5:1-2)
 - d. What did Jesus promise us in John 14:27? When we are troubled or fearful what happens?
 - e. What did the Apostle Paul mean in his greetings to the early churches? (Galatians 1:3)
3. **FOUR STEPS** to harnessing God's power and peace when we have major stress:
 - a. **Recognize:** What is this step? How did the Apostle Paul do this in 2 Corinthians 1:9-10, 10:3-5? What "fortresses" do you need to destroy in your life? Why should we not be double-minded? How do we embrace our stressful responsibilities and cope with them?
 - b. **Reconsider:** What is this step? Once we fall into our natural reactions to stress, what should we then do? (Philippians 4:6-7, Deuteronomy 31:6)
 - c. **Relabel:** How do we turn a negative stressor into an opportunity? Have you ever unburdened yourself to God? How should our requests to God be framed? (Philippians 4:6, Psalms 86:11-12)
 - d. **Receive and Respond:** What do we receive if we act after putting our stressors before God? (Philippians 4:7, Psalms 56:3-4)
4. **STRESS-RELIEVING PRINCIPLES.** Applying the four steps – practical examples:
 - a. How did Jesus **empty** out other loyalties? Describe this using the four steps. (Matthew 6:24, Philippians 2:3-11, Psalm 32:3)
 - b. How did Jesus **surrender** to God's will? Describe this using the four steps. Was Jesus ever stressed? How did he reconsider his first prayer in Gethsemane? What was his goal? (Matthew 26:25-46)
 - c. How did the Apostle Paul exemplify **acceptance**? Describe his acceptance of his "thorn in the flesh" using the four steps. (2 Corinthians 12:7-10)
 - d. How did Jesus teach us how to **truly rest** in tumult? Explain how Jesus led his disciples to this rest in the context of the four steps and the storm on Galilee. (Matthew 6:33, 8:26, Mark 4:38-39)
 - e. How do we **rejoice** in trial? What "crushes" the negative stressors in our lives? Where does our focus need to be? (Isaiah 26:3, Romans 5:3-5, Philippians 4:7)
 - a. **Recognize** one negative stressor in your life.
 - b. Consider the consequences of this stressor and **reconsider** your natural reaction.
 - c. Have you prayed deeply about this so that you can **relabel** it? Do you expect to do better?
 - d. How have you made room to **receive and respond** to God's peace? Is it living in your heart?