

Managing Stress Pr.Victor Barreira



Philippians 4:6-7 *“Be anxious of nothing....”* this is a goal God sets before us. Jesus paid a high price that we may experience His life thru us. In a fast pace world, it is easy to give in to stress in our lives.

4 TOOLS FOR MANAGING STRESS

1. Breath

Genesis 2:7 *“God formed Man out of dirt from the ground and blew into his nostrils the breath of life. The Man came alive—a living soul!”*

- We were born with the proper way to breath. Examine how a baby breathes...from their stomach. As we grow older and stress becomes a part of our lives, we tend to loose this proper way of breathing, and begin breathing from our chest. To correct this habit, place you hands on your shoulders, take a deep breath without allowing your shoulders to lift. Channel all the air into your abdominal. This type of breathing oxygenates your bloodstream, allowing air to flow to your brain. Stress levels come down immediately.

2. The Practice of Rehearsing God’s Word.

John 15:7 *“If you remain in me and my words remain in you, ask whatever you wish, and it will be given you.”*

- Repeat what God says about the situation. You may have to repeat it 100 times, but it is better to repeat something positive 100 times than something negative 100 times. The truth is that God cannot lie. It is better to meditate on what is true than what is a lie. As you learn the truth, repeat that truth until it culminates your inner-being. Repeating is habit forming. Form the habit of repeating what God says about the situation.

3. Smell the Flowers.

Ps 19:1 *“The heavens declare the glory of God; the skies proclaim the work of his hands.”*

- Literally, learn to enjoy God’s creation. See God in everything...especially people and yourself. Enjoy the sense of sight, smell, sound, and touch that God has given you. Even the scent of flowers can change the way you feel. Appreciate the creation of God. This too is worship.

4. Learn to Have Grateful Attitude in Everything

Ephesians 5:19-20 *“Sing and make music in your heart to the Lord, always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.”*

- The bible says to “Come into his gates with Thanksgiving!” That’s’ how important thanking is! It is how our heart and mind step into His presence. His presence changes everything. Immediately when you begin praising God, your spirit will change from stress to gratitude. Your heart will experience joy. Why? Because we have entered His presence with thanksgiving. Did you know that thanking God when you don’t ‘feel’ like it is a sacrifice of praise? That kind of praise gets God’s attention. That kind of praise takes spiritual muscle. Thank kind of praise changes you from a complainer to a praiser!

Conclusion

When I read John 10:10, I decided to make a conscious effort to get negative thinking out of my life. Every moment is DIVINE.’ Every moment is a God moment. Choose to be hungry for the abundant life Jesus paid so dearly for you to have! Make worry and anxiousness your enemy and make gratitude and praise your friend.