

Teaching Notes

Series: Finding... Peace

Causes of stress?

Stress caused by Internal stressors:

- unrealistic expectations
- waiting until the last minute to do things
- poor coping skills
- my attitudes
- emotional struggles
- poor communication skills

Stress caused by External stressors:

- injury or chronic illness
- school, especially with learning difficulties
- being bullied
- involvement w/ drugs and/or alcohol
- A new birth. The death of a loved one.
- Getting a new job. Loss of a job.
- Getting married. Getting divorced.
- Increase in financial obligations.
- Relocating
- Too busy

The impact of stress:

- we can become discouraged or depressed
- we can get overwhelmed or anxious
- stress turns into irritability or moodiness
- marriage and family problems
- stress can lead to doubt and the weakening of our faith

Medical problems from stress:

- Heart disease

- high blood pressure
- Asthma
- Obesity
- Diabetes
- Headaches
- Gastrointestinal problems
- Alzheimer's

Strategies for finding Peace

- managing expectations
- managing attitudes
- relaxing

NLT Romans 8:38 And I am convinced that nothing can ever separate us from his love. Death can't, and life can't. The angels can't, and the demons can't. Our fears for today, our worries about tomorrow, and even the powers of hell can't keep God's love away.

- improve communication skills
- take control of schedule
- declutter
- making peace with God

NLT Romans 5:1 Therefore, since we have been made right in God's sight by faith, we have peace with God because of what Jesus Christ our Lord has done for us.

Next Steps:

- Review the Teaching Outline during the week.
 - **Consider:** Where do I have stress in my life and what do I need to do to find peace?

Closing Song: Peace in Christ