

COPING WITH STRESS (Part 2): God's Antidote to Busyness

"It is senseless for you to work so hard from early morning until late at night . . . God wants his loved ones to get their proper rest." Psalm 127:2

Unwind God's Way

"He makes me lie down in green pastures, He leads me beside quiet waters," Psalm 23:2

These images represent rest and refreshment

God's way to R.E.L.A.X.

Realize my worth

"God decided to give us life through the word of truth so we might be the most important of all the things He made." James 1:18 (NCV)

". . . your heavenly Father feeds the (birds). And you are far more valuable to Him than they are." Matt. 6:26 (LB)

God says, "I have engraved you on the palms of My hands." Isaiah 49:16

Enjoy what I already have

"All of us should . . . enjoy what we have worked for. It is God's gift." Eccl. 3:13 (GN)

"It is better to have only a little, with peace of mind, than be busy all the time. . ." Eccl. 4:6 (GN)

Limit my labor

"Only someone too stupid to find his way home would wear himself out with work!" Eccl. 10:15 (GN)

"You have six days in which to do your work, but the seventh day is to be a day of rest dedicated to Me." Ex. 20:9-10 (GN)

Adjust my values

"I've learned why people work so hard to succeed; it is because they envy the things their neighbors have." Eccl. 4:4 (GN)

"What good is it for a man to gain the whole world, yet forfeit his soul?" Mark 8:36

eXchange my pressure for God's peace

Jesus: "Come to me, all of you who are tired and have heavy loads, and I will give you rest . . . the load I give you to carry is light." Matt. 11:28-29 (NCV)