



## How to Handle Stress, Anxiety, Cares

**Stress:** A state of being stretched under the conditions of the strain of something.

A state in which a strong demand is made on the nervous system. Intensity brought on the mind through meditation, “a pre-occupancy of circumstances, with no known cure.” A process of the removal of one’s hope.

**Bible term is: Cares** - An anxiety that brings disruption to one’s mind and personality.

**Care in the Greek:**

- **merimna** – mer-im-nah, a distraction to draw in different direction, to distract
- **meridzo** - to part, divide, to disunite
- **meros** - to worry over a need for something, to get a section or allotment of something
- **merim—nao** – anxious, a distracting care. Mk.4:19

**Mark 4:19**, “but all too quickly the message is crowded out by the worries of this life, the lure of wealth, and the desire for other things, so no fruit is produced”. NLT

What Jesus said in: Matthew 6:25, 27-28, 31, 34 Not to worry or take care

What Paul said in: Philippians 4:4-13 to be content. (Notice the translation put *therewith*)

**Content:** *ar-ke-o* W.E. Vines

Arkeo – to be possessed of sufficient strength, to be strong enough for a thing, the ability to defend yourself and ward off, in this case, what wars against the mind. Philippians 4:6-8

Notice Philippians 3:19 who set their mind on earthly things.

Jesus said in Matthew 6:21 where your value is, you will find your heart.

Worry, stress, care, anxiety can only attach itself to you, if your values are centered around you and not Him (Jesus). 1 Corinthians 10:13; Hebrews 4:1-16

**1<sup>st</sup> step:** you do something with your mind. Hebrews 4:6-7

In your (patience – *endurance*) possess the soul.

**2<sup>nd</sup> step:** How to avoid the effects of a mind attack. “ by meditating on the right things”

Taking control of our thoughts. Philippians 4:8

Satan’s number one goal is to try and destroy our confidence in what we do know of the Gospel. Mark 4:19 the cares of the world to choke the Word. (*Choke – to remove life*)



### Proverbs 13:12-13 Amp. Bible

Vs.12 Hope deferred makes the heart sick, but when the desire is fulfilled, it is a tree of life.

Vs.13 Whoever despises the word *and* counsel [of God] brings destruction upon himself, but he who [reverently] fears *and* respects the commandment [of God] is rewarded.

#### 5 major areas stress comes through:

1. **Circumstances of life:** We create our own problems, and problems that are unavoidable. Neglect of important issues, bad timing, cares of this world, a direct attack of Satan himself. A failure to develop spiritual discernment. **Mark 4:15**, "And these are the ones by the wayside where the word is sown. When they hear, Satan comes immediately and takes away the word that was sown in their hearts".
2. **Your past:** Memories, pain, hurt, debt collecting. Moving through life out of the rear-view mirror. This produces a blindside to our life.
3. **Self-worth:** How you value yourself. High minded, low self-esteem = inferiority, inadequacy, and failures.
4. **Your emotional state:** Feelings, "alive or dead" a failure to direct them properly.
5. **The provisions (vocation) of your natural life:** Matthew 6:19-34

Proverbs 12:25 Anxiety weighs down the heart, but a kind word cheers it up. NIV

#### Things that cause our self to keep the seed from taking root:

1. **Emotional outbursts:** lose control over our emotions. **James 1:20** for the wrath of man does not produce the righteousness of God.
2. **Unforgiveness:** Things that have happened to us or improperly placed, presently happening to us and stick with us. We do not know how to apply it properly.
3. **Unteachableness:** the opposite of humility. We do not receive correction properly.
4. **Criticalness:** (*to become oversensitive*), easily offended, a lack of grace, everyone's chip bothers us.
5. **Faithlessness:** we lose trust (God or man) which creates un-commitment in us.
6. **We open up to bitterness:** This shuts the Spirit of God down to speak to us. We are not able to hear Him under this attitude and pressure.
7. **We then become easily influenceable:** especially to those who agree with us as to the outcome of something.
8. **Confusion:** Never knowing where we belong.
9. **Double mindedness:** We never get settled in our thinking.  
**Proverbs 25:28** Whoever *has* no rule over his own spirit *is like* a city broken down, without walls. (protection)  
*Even though we have peace with God, many believers never "experience, get to know" the peace of God.*
10. **Vain Imaginations:** We imagine what people think about us (having no communication with them).



### Under stress, avoid doing the following:

1. **Lying:** We fear what truth might do to add to the stress.
2. **We move into excuses:** we give reasons our actions, scapegoating.
3. **We open up to believing in quick fixes:** Looking for something to make things go away.
4. **Self vindication:** I'm a victim, no one but me, I do everything, no one else will, I wouldn't be in this fix if it wasn't for.
5. **Venting through our emotions:** this is a form of our emotions being used to control situations and people with, to get them to see what they see.
6. **Self-condemnation:** we feel better fellowshiping with depression. It's our way mentally to pay penance for our situation.
7. **Meditating constantly on the problem:** A way fear is placed in us improperly.
8. **Looking for external changes rather than inward change:** thinking relocating will make it go away. I just need a change.
9. **Trusting in other people to bail you out:**
10. **Fellowshipping with negative defeated people with similar problems:** thus avoiding people who obtain victory because it makes them feel condemned.
11. **Running from the fear of responsibility:** Hebrews 2:1-8; Mark 4; Romans 10

### Getting to know "Shaw-lome" the God of Peace

**John 14:27, John 16:33, Luke 1:79** To give light to those who sit in darkness and the shadow of death, To guide our feet into the way of peace."

(His first commitment in our lives)

**Psalms 29:11** The LORD will give strength to His people; The LORD will bless His people with peace.

**Isaiah 26:3** You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You. Shalom, Shalom to lean upon or take hold of, To stand fast with.

**Shalom:** It means health, security, tranquility, welfare, good condition, success, comfort, harmonious relationships, well balanced.

**Isaiah 48:18** Oh, that you had heeded My commandments! Then your peace would have been like a river, And your righteousness like the waves of the sea.

**1Corinthians 14:33** For God is not the author of confusion but of peace, as in all the churches of the saints.

**Ephesians 2:14** For He Himself is our peace, who has made both one, and has broken down the middle wall of separation,

**1 John 4:18** 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.

**Colossians 1:20** and by Him to reconcile all things to Himself, by Him, whether things on earth or things in heaven, having made peace through the blood of His cross.



**Romans 5:1** Peace with God. This peace is described through Christ in reconciling us to God. 2

**Corinthians 5:18-19** Outward endowment of peace given to every individual who comes to Christ. John 14:27

**Philippians 4:6-7** Peace of God This peace protects the mind and emotions of the believer, inward peace.

**Luke 2:13-14** Peace on earth A universal peace which will come to the nations who receive Christ on the earth through the body of Christ and comes back again to rule all the nations on earth.

**Matt. 10:34-36**; Luke 12:51-53 I came not to send peace His kingdom in the earth would not bring world peace but rather conflict among men who would not receive Him. Jn. 3:19-20

**Luke 2:13-14** One title ascribed to Jesus when He comes is, He would be called "the Prince of peace". At the birth of 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.

**Romans 5:1-5** Peace with God

**Proverbs 21:1-2**

**Psalms 37:4**

**Isaiah 26:3**

**Luke 1:79**