

STRATEGIES FOR STRESS

Moses: The Power of a Selfless Life – Part 4

May 20, 2018

Exodus 18:13-27

A Look at Moses Life (vs. 13-14)

- **Great responsibility.**
- **Great pressure.**
- **Very little rest.**
- **He was alone.**
- **He had no boundaries.**

HOW TO HANDLE STRESS

1. GIVE IT TO GOD.

“Cast all your anxiety on him because he cares for you.” I Peter 5:7 (NIV)

“Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus.” Philippians 4:6-7 (NLT)

2. SURRENDER TO GOD.

“But select capable men from all the people--men who fear God, trustworthy men who hate dishonest gain--and appoint them as officials over thousands, hundreds, fifties and tens... If you do this and God so commands, you will be able to stand the strain, and all these people will go home satisfied.” Exodus 18:21, 23 (NIV)

“Just as our bodies have many parts and each part has a special function, so it is with Christ's body. We are all parts of his one body, and each of us has different work to do. And since we are all one body in Christ, we belong to each other, and each of us needs all the others.” Romans 12:4-5 (NLT)

THE RESULT: REST NOT STRESS.

*“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”
Matthew 11:29-30 (NIV)*