

HOW TO HANDLE THE MESS OF STRESS

How To Deal With How You Feel – Part 2

March 15, 2009

Exodus 18: 13-23

1. SENSE MY LIMITS.

"Moses' father-in-law replied, 'What you are doing is not good. You and these people who come to you will only wear yourselves out. The work is too heavy for you...'"

vs. 17-18a (NIV)

"I am the Alpha and the Omega--the beginning and the end,' says the Lord God. 'I am the one who is, who always was, and who is still to come, the Almighty One.'"

Revelation 1:8 (NLT)

2. SHARE MY LOAD.

"Have them serve as judges for the people at all times, but have them bring every difficult case to you; the simple cases they can decide themselves. That will make your load lighter, because they will share it with you." vs. 22 (NIV)

"Two people can accomplish more than twice as much as one; they get a better return for their labor." Ecclesiastes 4:9 (NLT)

3. SIMPLIFY MY LIFE.

"Listen now to me and I will give you some advice, and may God be with you. You must be the people's representative before God and bring their disputes to Him. Teach them the decrees and laws, and show them the way to live and the duties they are to perform." vs. 19-20 (NIV)

"If you do this and God so commands, you will be able to stand the strain, and all these people will go home satisfied." vs. 23 (NIV)

4. SEEK GOD'S PRESENCE.

"... You must be the people's representative before God and bring their disputes to Him..." vs. 19 (NIV)

TWO STEPS...

STEP#1: Celebrate God's presence

"Be still, and know that I am God; I will be exalted among the nations.." Psalm 46:10 (NIV)

"The next morning Jesus awoke long before daybreak and went out alone into the wilderness to pray." Mark 1:35 (NLT)

STEP #2: Appropriate God's power

"I pray that you will begin to understand how incredibly great His power is to help those who believe Him. It is the same mighty power that raised Christ from the dead..."
Ephesians 1:19-20a (LB)