Stress Management

**A Christian Perspective**

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1. Make scripture the guiding force in your life.

🖎 Every word of God is pure; He is a shield unto them that put their trust in him.

Proverbs 30:5

2. Study, be familiar with, memorize, and recite scripture.

🖎 Heaven and earth shall pass away, but my words shall not pass away.

Mark 13:31

3. Know that you are beloved of God. Let your ego strength and self-esteem proclaim this.

🖎 For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come,  
Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

Romans 8:38, 39

4. Cultivate a life of prayer.

🖎 Be joyful always, pray without ceasing; give thanks in all circumstances…

I Thessalonians 5:16

5. Care for your body: eat healthfully, exercise regularly, and establish good sleep hygiene..

🖎 Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.

I Corinthians 6:19-20

🖎 So whether you eat or drink or whatever you do, do it all for the glory of God.

I Corinthians 10:31

6. Build a support system.

🖎 Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another…

Hebrews 10:25

7. Appropriately manage fears and worries.

🖎 Consider the lilies of the field, they do not labor or spin. And yet I say unto you, even Solomon in all his splendor was not arrayed like one of these.

Matthew 6:28-29

8. Express feelings (including anger) appropriately, directly, assertively, and in a timely fashion.

🖎 “Lord,” Martha said to Jesus, “if you had been here, my brother would not have died…”

John 11:21

9. Manage anger – strive to reduce your anger if necessary.

🖎 Refrain from anger and turn from wrath; do not fret—it loads only to evil.

Psalm 37:8

10. Learn to limit negative thinking and to increase positive thinking.

🖎 Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things.

Philippians 4:8

🖎 … for I have learned, in whatever state I am, to be content.

Philippians 4:11

11. Put your faith into action.

🖎 Suppose a brother or sister is without clothes and daily food. If one of you says to him, “Go, I wish you well; keep warm and well fed,” but does nothing about his physical needs, what good is it? In the same way, faith by itself, if it is not accompanied by action, is dead.

James 2:15-17

12. Reach out and care for others. Do something for someone else.

🖎 Keep on loving each other as brothers. Do not forget to entertain strangers, for by so doing some have entertained angels unaware.

Hebrews 13:1-2

13. Practice the art of forgiveness.

🖎 Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you.

Colossians 3:13

14. Spend time connected to nature.

🖎 …When I consider your heavens,  
 the work of your fingers,  
the moon and the stars  
 which you have set in place…  
…O Lord, our Lord,  
 how majestic is your name in all the earth! Psalm 8:3, 9

🖎 The heavens declare the glory of God;  
 the skies proclaim the work of his hands… Psalm 19:1

15. Implement a lifetime journey of establishing a strong personal faith.

🖎 Finally, be strong in the Lord and in his mighty power. Put on the full armor of God so that you can take your stand against the devil’s schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the saints.

Ephesians 6:10-18