

LESSON 25 COUNSELING THE STRESSED: BIBLICAL CARE FOR A HURRIED WORLD

STRESS IS A UNIVERSAL STRUGGLE



PHILIPPIANS 4:6–7

BE ANXIOUS FOR NOTHING, BUT IN EVERYTHING BY PRAYER AND SUPPLICATION, WITH THANKSGIVING, LET YOUR REQUESTS BE MADE KNOWN TO GOD; AND THE PEACE OF GOD, WHICH SURPASSES ALL UNDERSTANDING, WILL GUARD YOUR HEARTS AND MINDS THROUGH CHRIST JESUS.

6:25–34; 1 PETER 5:6–7; PSALM 94:19.

UNDERSTANDING STRESS — EFFECTS ON BODY & SOUL

FROM HEALTH EXPERTS: CHRONIC STRESS AFFECTS:

BIBLICAL PERSPECTIVE — PSALM 55:22 CAST YOUR BURDEN ON THE LORD, AND HE SHALL SUSTAIN YOU; HE SHALL NEVER PERMIT THE RIGHTEOUS TO BE MOVED.

ISAIAH 26:3; NAHUM 1:7; MATTHEW 11:28–30.

ROOT CAUSES OF STRESS — A BIBLICAL VIEW

1. FEAR OF THE FUTURE

MATTHEW 6:34 THEREFORE DO NOT WORRY ABOUT TOMORROW, FOR TOMORROW WILL WORRY ABOUT ITS OWN THINGS. SUFFICIENT FOR THE DAY IS ITS OWN TROUBLE.

CROSS REFERENCES: PSALM 118:24; LAMENTATIONS 3:22–23.

2. OVERBEARING RESPONSIBILITIES

EXODUS 18:18 BOTH YOU AND THESE PEOPLE WHO ARE WITH YOU WILL SURELY WEAR YOURSELVES OUT. FOR THIS THING IS TOO MUCH FOR YOU; YOU ARE NOT ABLE TO PERFORM IT BY YOURSELF.

CROSS REFERENCES: NUMBERS 11:14–17; ACTS 6:1–4.

3. FORGETTING GOD’S CARE

ISAIAH 41:10 FEAR NOT, FOR I AM WITH YOU; BE NOT DISMAYED, FOR I AM YOUR GOD. I WILL STRENGTHEN YOU, YES, I WILL HELP YOU, I WILL UPHOLD YOU WITH MY RIGHTEOUS RIGHT HAND.

DEUTERONOMY 31:6; HEBREWS 13:5–6.

THE COUNSELOR’S ROLE IN STRESS CARE

PROVERBS 18:13 (NKJV)

HE WHO ANSWERS A MATTER BEFORE HE HEARS IT, IT IS FOLLY AND SHAME TO HIM.

LISTEN _____. ANSWER _____.

PSALM 46:1–2 GOD IS OUR REFUGE AND STRENGTH, A VERY PRESENT HELP IN TROUBLE. THEREFORE WE WILL NOT FEAR, EVEN THOUGH THE EARTH BE REMOVED...

MARK 1:35 NOW IN THE MORNING, HAVING RISEN A LONG WHILE BEFORE DAYLIGHT, HE WENT OUT AND DEPARTED TO A SOLITARY PLACE; AND THERE HE PRAYED.

PRACTICAL COUNSELING

1. NORMALIZE THE STRUGGLE — 2 CORINTHIANS 1:8.

2. ENCOURAGE DAILY RHYTHMS — PSALM 1:2–3.
3. IDENTIFY LIES & REPLACE WITH TRUTH — 2 CORINTHIANS 10:5.
4. ENCOURAGE GODLY REST — MATTHEW 11:28–30; EXODUS 20:8–10.
5. FOSTER SUPPORT SYSTEMS — GALATIANS 6:2.
6. TEACH BREATHING + SCRIPTURE MEDITATION — ISAIAH 26:3.

CASE STUDY

A YOUNG MOTHER IS CARING FOR CHILDREN AND AN ILL PARENT. SHE FEELS EXHAUSTED.

QUESTIONS:

1. WHAT PASSAGES WOULD YOU SHARE?
2. HOW WOULD YOU HELP HER DISTINGUISH WHAT SHE CAN CONTROL VS. WHAT SHE MUST ENTRUST TO GOD?
3. WHAT PRACTICAL STEP COULD SHE TAKE THIS WEEK?

POINT TO THE WONDERFUL COUNSELOR

ISAIAH 9:6 FOR UNTO US A CHILD IS BORN, UNTO US A SON IS GIVEN; AND THE GOVERNMENT WILL BE UPON HIS SHOULDER. AND HIS NAME WILL BE CALLED WONDERFUL, COUNSELOR, MIGHTY GOD, EVERLASTING FATHER, PRINCE OF PEACE.

“GOD IS TOO GOOD TO BE UNKIND, AND HE IS TOO WISE TO BE MISTAKEN; AND WHEN WE CANNOT TRACE HIS HAND, WE MUST TRUST HIS HEART.” — SPURGEON

REFLECTION & APPLICATION

- WHICH SCRIPTURE FROM TODAY WILL YOU MEMORIZE?
- WHO IS ONE PERSON YOU CAN ENCOURAGE THIS WEEK WITH GOD’S TRUTH ABOUT STRESS?