



Session VI: Helps for handling stress

Name three potentially major stressors in your life ...

Review from last time:

- Remember that for the believer, we approach a “throne of grace” (Heb. 4:11-16)
- Practical advice for bring your guilt into perspective:
 1. Clarify your feelings—be specific
 2. Determine your responsibility, if any
 3. Accept blame if necessary and seek forgiveness
- Like guilt, *fear* is not just a bad thing

Wrapping up “Facing down our fears”

Two high-octane fuels for fear among seniors

- Uncertainty
- Insecurity

Thou prepares a table before me... Acknowledge and name your fear

The Lord is my rock... Trusting in the protection and power of God

Divine Rx for fearful spirits (Ps. 3:3; 9:9; 18:1-2; 27:1)

A key passage for the matter of stress: Psalm 16

Understanding the difference between potential *stressors* and *stress* itself

_____ and _____ are stressors

Our _____ to an event is stress

Think of stress as a condition when neither _____ or _____ are live options

To be physically healthy we *must* learn to live with stress

Alarm Reaction \implies **Resistance** \implies **Short-circuit**

_____ living is the goal of our lives (Matt. 5:48)

A big question for evaluation: "Am I my brother's keeper?"

- World at large
- The close world
- Family, fellow church members, friends
- Yourself