

Family 1st



Sunday Morning Series

Working Through Stress

GULF SHORES CHURCH OF CHRIST

Sermon for March 22, 2015 by Ray Reynolds

Introduction: We are living in an age when the Christian home is under attack. We are bombarded from every side and it is taking its toll on faithful Christians. We need to put the family first! In this specific lesson we will focus on working through stress. Do you have stress? Is there stress in your family? Let's study together...

Discussion:

I. Figure Out The Problem

- A. We are thinking too much (Matthew 11:28-30, Philippians 4:6, I Peter 1:7)
- B. We are taking on too much (Exodus 18, Proverbs 12:25, Luke 5:16)
- C. We are tolerating too much (Matthew 6:27-29, 6:33, 7:7)

II. Talk Out The Problem

- A. Identify what causes your stress (Matthew 11:28-30, I Peter 1:7)
- B. Identify your stress to God (Philippians 4:6, I John 1:9, Matthew 26:36-36)
- C. Identify your stress to others (James 5:16, Psalm 32, Psalm 51, Galatians 6:1-2)

III. Work Out The Problem

- A. Change of heart (Psalm 131:1, I Samuel 13:14, 16:7, Acts 13:22)
- B. Change of soul (Psalm 131:2, Psalm 42:5, Psalm 46:10)
- C. Change of mind (Psalm 131:1, Philippians 4:7, Luke 13:3, 5)
- D. Change of strength (Psalm 131:2, Isaiah 40:31, James 1:2)

Conclusion: You might notice that this sounds familiar (Deuteronomy 6:5, Mark 12:30). God wants full surrender! Get rid of your depression and learn to press on through the stress! (II Corinthians 4:8-9, 16, Galatians 6:9, Philippians 3:12, Hebrews 12:5). Have you been added to the family of God? Where are you in your Christian walk? Where is your family headed? How are things within your spiritual family? How is your relationship with the Heavenly Father? If you are not living as a faithful and godly family... PLEASE repent and set your house in order. Do you need prayers for any other thing going on in your life? The family of God is here to pray for you!