

# JESUS' ANSWER TO STRESS

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Confession:

I declare before all of heaven, all the earth, and all the underworld--that I am a child of the most high god. This is my bible. It's god's holy word. It's his revealed will to me. I believe it. I believe all of it. I am who it says I am. I do what it says I can do and I have what it says I can have. I prepare my heart right now to receive revelations, instructions, encouragement, and correction. Thank you, lord for your word and your spirit who brings understanding to me. Amen!

Introduction:

Life can be stressful. It's difficult to juggle marriage and kids, especially if you are having problems with both. Marriage is tough already without the additional stress of arguing all the time. Single parenting can be especially stressful, too. Then you have work! With deadlines to meet, customers to see, products to make--this can be all too much to handle. Jesus gives us a practical and spiritual solution to the stress problem.

**Philippians 4:6**

**Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God.**

Paul lays out 5 steps to move from fear to faith, from turmoil to peace, and from defeat to victory!

Let's start with prayer. Prayer is more than just 'asking'. The Greek word used here is 'proseuche'. It is the most common word used for 'prayer' in the New Testament. It is a compound of the two words: 'pros' and 'euche'. 'Pros' is a preposition meaning 'toward', which can denote a sense of 'closeness'.

Nearly everywhere it means 'close, up-front, intimate contact with someone else.' It is used to portray the intimate relationship that exists between the members of the God-head--it's a face-to-face relationship. The second part of the word 'proseuche' is taken from the word 'euche'. It is an old Greek

word that describes a 'wish', 'desire', 'prayer' or 'vow'. It was originally used to depict someone who had made some sort of vow to God because of a need or desire in their life. This individual would give something of great value to God in exchange for a favorable answer to prayer. Thus, inherent in this word is the idea of 'exchange'. Giving something to God in exchange for something wanted or desired.

We are talking about stress and how to handle it according to Jesus. So the first step is to Come close to the Lord in prayer. Once you are in that intimate, face-to-face place with God, take that opportunity to give Him your worries, fears, and concerns. Then, ask Him to give you something back in exchange for the worries you've given Him--ask Him for peace! This is a part of the great exchange found in the Greek word 'proseuche'--when you give Him your problems, in return, He gives you His peace! This is the first step to take when worry and fear try to overtake you.

However, prayer is more than just asking. The passage says, **'But in everything by prayer (proseuche) and supplication with thanksgiving present your requests to God'**.

The second step is found in the word 'supplication'. The Greek word used here is 'deisis', which depicts 'a person who has some type of lack in his life and therefore pleads strongly for his lack to be met'. The word 'deisis' is translated as 'to beseech', 'to beg', or 'to earnestly appeal'. This word pictures a person in such great need that he feels compelled to push his pride out of the way so he can boldly, earnestly, strongly, and passionately cry out for someone to help or assist him.

So when you are facing a problem that deeply concerns you, don't be afraid to go to the Lord and earnestly beseech Him to meet your need. This word means that you can get very bold when you ask God to move on your behalf. There is no need for you to be timid and mealy-mouthed when you talk with God. You can tell Him exactly what you feel, what you're facing, and what you want Him to do for you. This is what 'supplication' is all about.

The third step is found in the word 'thanksgiving'. God expects us to ask and to be bold in our asking; He also expects us to be thankful for His goodness towards us! It simply is not right to ask boldly without expressing thanksgiving. The Greek word used here for 'thanksgiving' is 'Eucharistia',

which is a compound of the words 'eu' and 'charis'. The word 'eu' means 'good' or 'well'. It denotes 'a general good disposition' or 'an overwhelmingly good feeling about something'. The word 'charis' is the Greek word for 'grace'. When these two words are compounded into one, they form the word 'Eucharistia' which describes 'an outpouring of grace and of wonderful feelings that freely flow from the heart in response to someone or something'.

By using this word, Paul teaches us that when we earnestly ask God to do something special for us, we must match it with 'an earnest outpouring of thanks'. It is appropriate to thank God for doing what we have just requested, because thanking Him in advance demonstrates our faith. So always make sure you follow up your earnest asking with earnest thanksgiving! Make it your goal to be just as passionate in your thanksgiving as you are in your asking.

The fourth step out of worry and anxiety is found in the word 'requests'. The Greek word is 'aitima', from the word 'aiteo'. 'Aiteo' means 'to be adamant in requesting and demanding assistance to meet tangible needs, such as food, shelter, money, and so forth'. It is used to portray 'a person who insists or demands that a specific need be met after approaching and speaking to his superior with respect and honor. Additionally, it expresses the idea that 'one possesses a full expectation to receive what was firmly requested.

This word describes someone who prays authoritatively. This person knows what he needs and is so filled with faith that he isn't afraid to boldly come into God's Presence to ask and expect to receive what he has requested. This means that when you pray about something, it is right for you to pray authoritatively. As long as your prayer is based on the Word of God, you can have the assurance of God's promise regarding the issue you are most concerned about. It is spiritually appropriate for you to fully expect God to honor His Word and do what you have requested.

The final, fifth step is found in the word 'known'. The Greek word is 'gno rid zo' and it means 'to make a thing known; to declare something; to broadcast something; or to make something very evident'. This plainly means that your asking can be extremely bold! Declare to God what you need; broadcast it so loudly that all of Heaven hears you when you pray. You can be exceptionally bold when you come before Jesus to make your

requests known!

An expanded, interpretive translation could be read like this:

Don't worry about anything--and that means nothing at all! Instead, come before God and give Him the things that concern you so He can in exchange give you what you need or desire. Be bold to strongly, passionately, and fervently make your request known to God, making certain that an equal measure of thanksgiving goes along with your strong asking.

You have every right to ask boldly, so go ahead and insist that God meet your need. When you pray, be so bold that there is no doubt your prayer was heard. Broadcast it! Declare it! Pray boldly until you have the assurance that God has heard your request! You don't have to live subject to worry, concerns, and fears the rest of your life.

Follow these steps, and worry and fear will always be replaced with a peaceful and praising heart!

I confess that I am not ruled by worry, fear, or concerns. I go to God with those things that are on my heart, and I clearly articulate what I feel, what I need, and what I expect Heaven to do on my behalf. Because of the promises in God's Word, I know exactly how to boldly make my requests. I always match my request with thanksgiving, letting God know how grateful I am for everything He does in my life. Heaven is on my side; therefore, I know I will survive and victoriously overcome each and every attack that ever tries to come against my family, my relationships, my businesses, my finances, and my life. I declare this by faith in Jesus' Name!

2 Chronicles 20:18-19.

Jesus taught us that prayer begins not with asking for our daily bread, but by praising God. Our Father in Heaven, hallowed be Your Name. Do you see that prayer begins with acknowledging the greatness and goodness of God?

The nation of Judah faced an insurmountable problem. Three nations had conspired together to annihilate the Jews. King Jehoshaphat bowed down in prayer and then some Levites stood and praised the Lord. In that atmosphere of praise, God spoke to them and told them, 'the battle is not yours, but the Lord's'. God will take care of you. So they put the praisers on the battle lines and as they praised God, He confused the three nations

so they actually killed off each other. The secret to their victory was PRAISE!

When you praise God you are really magnifying the Lord. We are all familiar with reading glasses. I use them when my contacts are not enough to let me see what I'm reading. When I put them on, the print 'seems' bigger to me. It is still the same size, but I can read the words better. The same is true with God!!! God is always large and big--omnipotent. But sometimes, our eyes are not so good to see how great God is, but when you praise Him, it's like putting on glasses so God is magnified in our sight. You actually see Him for who He is! It's time to praise God! Praising God will remove the stress from your life!

We still need to petition God for what we need. If your problem is at home, ask God to show you what needs to be done to change the situation. You be the one prepared to change. That's how the situation will change. If it is at work or money issues, again, ask God to show you what YOU need to do to change the situation. Be specific. There is nothing wrong with 'presenting your requests to God'. You have not because you ask not. God will do amazing things if we just ask Him! The assurance that God will grant our requests brings peace, it brings our minds under control. Don't simply complain about stress--do something about it by asking God for what you need. When God is solving all your problems--your living stress free! So go ahead--ask God!

Smith Wigglesworth was a great English evangelist, but before he entered the ministry he was a plumber and avid believer. One day he received a call to do a some plumbing work for a wealthy lady. He arrived with such joy. He was whistling as he did his work, softly singing praises to God. The lady was impressed with his joy. She asked, 'Why are you so happy?' He answered, 'This morning my little girls woke up with a fever. So I prayed the prayer of faith, laid hands on her--and blessed be God--He healed her!

Jesus said, 'Ask and you shall receive so that your joy may be full'. My joy is full this morning because the Lord has answered my prayer'. He preached the goodness of God to that dear lady and she got gloriously saved! Hallelujah! Answered prayer gave Wigglesworth peace and joy. If he had not prayed for his daughter, he might have come to the lady's house with stress, but because God answered his prayer, he had peace. Ask

boldly and watch God come through for you!

Our Scripture tells us 'do not be anxious about anything, but in everything, by prayer and petition, WITH THANKSGIVING, present your requests to God. This means when you pray you should have an attitude of gratitude. You can pray much, but if you are ungrateful for your life, your prayers won't do much good. True gratitude is a very rare trait. Jesus acknowledged this. After 10 lepers were healed, only ONE came back to say 'thank You'. Romans 1:21 tells us that people's thinking becomes futile when they are not grateful. The devil works better on those who are ungrateful. The battle is in the mind. The mind is useless against Satan without gratitude toward the Lord. Protect your mind from stress by counting your blessings. Be grateful to God for all He has done for you.

The next step Philippians gives us in order to overcome our stress is to 'think on these things'. What things? Things that are praiseworthy! Let's face it--stress is primarily a mental thing. 2 Corinthians 10:4-5 tells us that the weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

We are told to demolish every pretension. Pretension is the act of pretending. Actors pretend to be someone they are not. Movies are not real, but they still can arouse your emotions. Our minds are like the silver screen. We play things out in our minds which can arouse our emotions--fear, terror, love, happiness, etc. But we need to realize that what is in the mind is only a 'pretension'. It is not real. Unfortunately, most people do not differentiate between the pretension in their minds and the truth of God's Word. They often think that the pretension is real, but, it's not.

The devil works this way. He gets us to think about things that stress us out. In the end, however, God has promised to be with us all the time. He has promised to work out everything for our good. He promises to not allow us to be tested beyond our endurance. He promises us a great future. So why stress out? We know God is on our side, so there is no reason to allow a fantasy movie to be played out in our minds. Quit dwelling on the lies of the enemy! Take those thoughts captive!

After praying right and thinking right, you must finally practice living right. **Whatever you have learned or received or heard from me (Paul), or seen in**

me--put it into practice. And the God of peace will be with you. I love it! Who will be with you? The God of peace will be with you! We often hear the phrase, 'God be with you'. This actually means that God will cause you to be successful! Whenever the Bible says that God was with someone, it refers to something God was doing for the person. How would you like for God to be working on your behalf? When God is working for you, you cannot fail! Stress is a fearful emotion caused by the feeling that the worse will happen. If God is with you, the worse cannot happen. By practicing the Word of God, the God of peace will be with you.

There is no point to get around the importance of right living when it comes to overcoming stress. Much of our stress is caused by doing wrong. A man has an affair and he has so much stress trying to keep the affair secret. Someone breaks the law, now he worries that he will get caught, go to prison or at least pay a fine.

Conclusion:

Disobedience to God's ways brings needless stress. You may say, 'I'm not in disobedience', but if you entertain one thought that is not God's thought, you are in disobedience and that brings stress. Keep your mind stayed on the Lord, lean not to your own understanding, but trust God, and His peace will flood your entire being. Your mind will be at rest, your body, well, because your spirit is in agreement with Jesus. God has the solution for being stressed out.

Read [Philippians 4:6-9](#) slowly and meditatively.

Ask God to show you how to practice this passage. Then DO IT! And live without stress!