

## **Christian Stress Management Bible Study: Secrets to Discovering The Peace That Passes All Understanding**



Stress is an epidemic in today's world.

This Christian Stress Management Bible lesson will reveal the secrets hidden in God's Word that you can use to stomp out stress for good.

Yes, this world is a stressful place. But, even though you live in this world, you are not of it (John 17:16).

And God does not want you to experience the same pressures and worries that everyone else does.

*So don't worry about these things, saying,  
'What will we eat? What will we drink? What will we wear?'*  
**These things dominate the thoughts of unbelievers,  
but your heavenly Father already knows all your needs.**  
- Matthew 6:31-32 (NLT)

Instead of being consumed by the pressures of this world, God has another plan for you.

*Seek the Kingdom of God above all else, and live righteously,  
and He will give you everything you need.* - Matthew 6:31-33 (NLT)

Sounds like a great promise. You might be wondering why it is not yet manifesting in your own life.

But, do you spend the majority of your energy seeking God's kingdom, or the things of this present life.

One will lead you to peace, but the other will always lead to stress.

## The Peace that Passes All Understanding

Jesus asks us, "Can all your worries add a single moment to your life?" (Matthew 6:27 NLT).

Actually, science proves that stress can take years off of your life.

The overwhelming pressures of excelling in the marketplace. Raising your children in a fallen world. Maintaining a household. Gaining financial stability.

These are things that you may struggle with every day. And so do most people.

But there is a secret weapon in Christian Stress Management that the world misses out on.

You serve a God of Love. And He has made provisions so that you would not have to carry all of these stresses. He wants you to "Cast all your anxiety on him because he cares for you" (1 Peter 5:7 NIV)



Instead of your stress, He wants you to have His peace!

*Then you will experience God's peace,  
which exceeds anything  
we can understand.  
His peace will guard your hearts and  
minds as you live in Christ Jesus.  
- Philippians 4:7 (NLT)*

But how do you get this peace?

Well, you may notice that this scripture is the second half of an *if-then* statement.

God often works in covenants or contracts with us. The issue is that many Christians run around claiming the promise, but they have not fulfilled their half of the agreement.

Before you receive God's Holy peace, there are two important things that you have to do.

1. Don't worry about anything; instead, pray about everything. Tell God what you need (Philippians 4:6b NLT).
2. Thank Him for all He has done (Philippians 4:6b NLT)

Many people pray, but they forget the second step.

Whenever you are in a stressful situation, it is so refreshing to stop and think of all of the things God has *already* done for you.

Recounting His blessings for yourself will give you the faith and reassurance that He will come through for you this time too!

Praising Him for what He has already done develops an attitude of thankfulness in your heart. That thankfulness will begin to develop God's joy and peace inside of you.

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## Guarding The Peace in your Heart

We have all had those emotional experiences where we realize God will take care of us. Suddenly, we feel His peace and security, and all is well with the world.

But, how do you keep that feeling.

Right after Paul tells you how to receive God's peace, he tells you how to keep it.

*... Fix your thoughts on what is true, and honorable,  
and right, and pure, and lovely, and admirable.  
Think about things that are excellent and worthy of praise.*  
- Philippians 4:8 (NLT)

Where do your thoughts dwell throughout the day? Do you meditate on the negative news you saw this morning, or all of the things on your 'to do' list. Or are your thoughts dominated by the promises of God?

Controlling your thoughts is one of the most difficult things to do. But, Paul says that it is a must if you are planning to walk in peace.

Joyce Meyer has actually written an excellent book that can guide you in learning how to take any thought captive that goes against God's promises (2 Corinthians 10:5). It is called Battlefield of the Mind.

For years I, personally, struggled with controlling my thoughts. Some of the truths that I learned through that book really changed my life. I would recommend downloading an mp3 version of the audio version of [Battlefield of the Mind](#) so that you can listen to the wisdom it holds over and over again, until it really gets into your heart.

If you are ever going to walk in the peace of God, you have to learn not to let negative fearful thoughts just run around your brain unhindered.

Even a fleeting thought contrary to God's Word is a threat to your peace, and must be taken captive. Once you allow negative thoughts to take root in your mind, they will bare fruits like stress, worry, and fear.

Lesson 2 of your Christian Stress Management Bible study will give you scripture promises for life's most common stresses.

Meditate on them until they begin to replace any stressful thoughts you may be having. Filling your mind with God's truth about every life situation is the epitome of Christian Stress Management!

## Lesson 2:

# Prescriptions for Christian Stress Relief: Scripture Promises for Life's Most Common Stresses



In Lesson 1 of your Christian Stress Bible Study, you learned the secrets to Christian stress management. In this lesson, you are going to begin putting one of those secrets to work:

Focusing your thoughts on things that are of good report.

Jesus asks us in Matthew:

*"... if God cares so wonderfully for wildflowers...  
He will certainly care for you.*

*Why do you have so little faith?* - Matthew 6:29-30 (NLT)

Well, faith comes by hearing the Word of God (Romans 10:17). The more you hear and read God's promises to you, the more your faith will reign over your worries.

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## Scriptures for Stress Management

### Financial Stress?



*God won't forsake you:*

"I have been young, and now am old; yet have I not seen the righteous forsaken, nor his seed begging bread" (Psalm 37:25).

*God's kids don't live in lack:*

"Even strong young lions sometimes go hungry, but those who trust in the Lord will lack no good thing" (Psalm 34:10 NLT).

## Stressed Over Trying to Succeed?

*You're destined for success:*

"For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope" (Jeremiah 29:11 NLT.) AND

"The LORD your God will then make you successful in everything you do" (Deuteronomy 30:9a NLT).

*God will open doors for you:*

"I know all the things you do, and I have opened a door for you that no one can close. You have little strength, yet you obeyed my word and did not deny me." (Revelations 3:8)

## Too Many Responsibilities?



*God will give you the strength to endure:*

"But those who trust in the Lord will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint" (Isaiah 40:31 NLT).

*You can accomplish more than you think!*

"In all these things we are more than conquerors through him who loved us" (Romans 8:37 NIV).

*The God living in you is greater than your tasks!*

"Ye are of God, little children, and have overcome them: because greater is he that is in you, than he that is in the world" (1 John 4:4).

## Stressed Out Over Your Children?

*God promises they will always return to Him:*

"Direct your children onto the right path, and when they are older, they will not leave it" (Proverbs 22:6 NLT).

## General Christian Stress Relief

*Don't give up!*

"So let's not get tired of doing what is good. At just the right time we will reap a harvest of blessing if we don't give up" (Galatians 6:9 NLT).

*God will be your strength and courage!*

"The Lord God is my Strength, my personal bravery, and my invincible army" (Habakkuk 3:19a).

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*God will get you through stressful times:*

"He makes my feet like hinds' feet and will make me to walk [not to stand still in terror, but to walk] and make [spiritual] progress upon my high places [of trouble, suffering, or responsibility]!" (Habakkuk 3:19b).

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## **Christian Stress Relief Through Belief**

You've just read what God's Word says about you and your life situations. If you are stressed about something that was not covered here, find scriptures where God reveals His truth about your circumstances.

Believe it or not, God has already given you a promise for every problem you will ever face. You just have to find out what it is, and stand on it.

There comes a point when you will have to decide – Do you believe God's promises or not. Plain and simple.

Of course, you do believe Him. So, don't focus your thoughts on what you see, think or feel. Focus them on what you believe.

And then the things that seemed so stressful, won't seem so stressful anymore.

### **Christian Stress Management Bible Study**

#### **Reflection Questions**

1. How do you think Christian stress management is unique from the way that the world manages stress? Do you ever fall into managing stress like they do?

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2. When do you usually take an issue to God. Right away, or once you have exhausted all other possible answers?

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**Optional Activity:** Make a list of the current things that you feel stress over. Use an online Bible search tool to find at least one scripture related to each stressful topic. Write all of your scripture promises on a sheet of paper or 3X5 cards.

When you feel yourself becoming stressed about one of those issues, begin meditating on God's promise instead of the situation. Give God praise for the things He has already done in your life, and for what He has promised you in His Word that He will do in this situation. This is one of the most effective methods of Christian stress management available.

**Stressful Situation**

**Scripture Mediation**

