

Women & More

Stress and Distress

26 April 2012

Some stress is God-ordained—adrenaline to push through childbirth and to escape impending danger—a normal part of life; too much stress is *distress* and that's another story!

“If my stress makes me hungry for His peace, then it has driven me home. The storm has blown us into the Harbor that we have looked for all our lives.”

Ron Hutchcraft

“You can't change the past, but you can ruin a perfectly good present by worrying about the future.”

Grandma Irene Wolfe

Prepare by Soaking in Scripture:

Psalm 4:1

Psalm 18:6

Matthew 11:29-30

Luke 12:25-26

1 Peter 5:7

Scripture to Memorize:

Psalm 25:18 *“Look upon my affliction and my distress and take away all my sins.”*

NOTES on Speaking Session:

Questions for Mentor-group Discussion:

1. What are the ‘stresses’ in your life right now?
2. How do you handle too much stress?
3. Life’s distresses can make us panic or pray. Using **Psalm 9:9**, “*The Lord is a refuge for the oppressed, a stronghold in times of trouble,*” write out your prayer to the Lord.

Recommended Reading:

A Snake in My Garden, Jill Briscoe

Stress and the Woman’s Body, Hagar

Surviving the Storms of Stress, Ron Hutchcraft

Women Under Stress; Preserving Your Sanity, Randy and Nancy Alcorn

The *Serenity* Prayer

God, grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference...

Living one day at a time,
enjoying one moment at a time;
Accepting hardship as a pathway to peace,
Taking, as Jesus did,
This sinful world as it is,
Not as I would have it,

Trusting that **You** will make all things right
If I surrender to your will...
So that I may be reasonably happy in this life,
And supremely happy with you forever in the next.

Reinhold Neibuhr