

# Avoiding the Stress Trap

Hope Community Christian Church – October 18, 2015  
www.hopecommunitysite.com

## Ephesians 5:15-20 NIV

15 Be **very careful, then, how you live**—not as unwise but as wise, 16 making the most of every opportunity, because the days are evil. 17 Therefore **do not be foolish, but understand what the Lord's will is**. 18 Do not get drunk on wine, which leads to debauchery. Instead, **be filled with the Spirit**, 19 speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, 20 **always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ**.

## Philippians 4:4-9 NIV

4 **Rejoice in the Lord always**. I will say it again: **Rejoice!** 5 Let your gentleness be evident to all. The Lord is near. 6 **Do not be anxious** about anything, **but in every situation, by prayer and petition, with thanksgiving**, present your requests to God. 7 And **the peace of God**, which transcends all understanding, **will guard your hearts and your minds** in Christ Jesus.

8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9 Whatever you have learned or received or heard from me, or seen in me—**put it into practice. And the God of peace will be with you**.

## Luke 12:22-34 NIV

### **Do Not Worry**

22 Then Jesus said to his disciples: “Therefore I tell you, **do not worry about your life**, what you will eat; or about your body, what you will wear. 23 For life is more than food, and the body more than clothes. 24 Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds! 25 Who of you by worrying can add a single hour to your life[b]? 26 Since you cannot do this very little thing, why do you worry about the rest?”

27 “Consider how the wild flowers grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these. 28 If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you—you of little faith! 29 And do not set your heart on what you will eat or drink; do not worry about it. 30 **For the pagan world runs after all such things, and your Father knows that you need them**. 31 But seek his kingdom, and these things will be given to you as well.

32 **“Do not be afraid, little flock, for your Father has been pleased to give you the kingdom**. 33 Sell your possessions and give to the poor. Provide purses for yourselves that will not wear out, a treasure in heaven that will never fail, where no thief comes near and no moth destroys. 34 For where your treasure is, there your heart will be also.

## **Wise Living - Ephesians 5:15-20**

- Gossip, Busybody, & Control
  - Why do we NEED to know? (you've got insecurity & control issues – lack of trust)
  - Why do we NEED to be involved? (can God not use other people?)
  - We may have good ideas, but we may not be invited to share them.
- Staying in your lane – Physically & Mentally
- Watch out for contrarian/conspiracy/fear based thinking/living
  - Contrarian Definition: a person who opposes or rejects popular opinion, especially in stock exchange dealing.
  - Conspiracy Definition: a secret plan by a group to do something unlawful or harmful.

- Don't fill your life with the substitute – Nothing replaces God!
  - You'll never get off the treadmill of substitution because it never has an end
- Being filled with the Spirit
  - Can't do it on your own
- Wise living includes doing instead of just wishing/thinking. Make a list and start to do. The Bible teaches that we can DO all things through Christ who strengthens us.
- Wise living is a life with seeking those who are older for mentoring, advice and wise example.

#### **Thankfulness and Good Thinking - Philippians 4:4-9**

- Dealing with Anxiety – Prayer & Thanksgiving
- The ABSOLUTE NEED to REJOICE ALWAYS and in EVERYTHING!
  - Your *health and life* depend on it!
- Learning to pray in EVERY situation
- Focusing on what God wants you to focus on.

#### **Worry and Fear - Luke 12:22-34**

- Worry and Fear focus on what you don't have
- Sometimes we worry about ourselves and other times we worry about the world... God has rulership of both.
- God knows what we need.
- Peace comes from focusing on Who/What you do have!
- Do you need a more simple form of life?
- Treasure is not what you have it's where your heart is. The more you have, the more that you have to care for.

## **Announcements:**

[www.hopecommunitysite.com](http://www.hopecommunitysite.com)

705-812-2833

**Morning Prayer Monday to Friday 9 to 10 am at the church**

**Woman's Walking/Exercise Group – Tuesday's 7:00 pm at the church**

**Mom's Hangout – Wednesdays 10-11:30 am...** A time for Moms and kid's to hang out and get to know each other.

**Upward Basketball:** Grades SK to 6 **Wednesday nights & Saturday mornings** contact **Barry Elliott at 705-955-4893.**

**God Squad Jr. High: Thursdays, 6:30 to 7:30 pm.** Students grades 6-8 are invited to this great program.

**Sr. High Youth: Thursdays: 7:30 to 8:45 pm.** Students grades 9-12

**Good Food Box** – Orders on the **first Monday** of each month from 3-6 pm and pick up on the **third Wednesday** of each month from 3-6 pm. Fresh Fruit and Vegetables... Small box \$10, Large box \$15

**Communion Lunch Meal** – First Sunday Service (10:00 am) of each month as part of the morning service. Invite a friend and bring food to share in this pot luck style meal.

**Church Contact Directory:** Please fill out a form with the contact information for you and your family and place it in one of the collection boxes on the back wall of the gymnasium.

**Light the Night Outreach – October 31<sup>st</sup> 5:45 pm** handing out hot-dogs and hot chocolate to parents and kids. The Life 100.3 Street team will be here as well as the local fire department with their trucks.

**Women's Beth Moore – Living Proof Live Conference:** November 6 & 7 at the Hershey Centre in Mississauga Tickets are \$69 US dollars

**Men's Promise Keepers Conference:** November 13 & 14 at Queensway Church in Toronto Tickets are \$60 (\$50 if we can get a group of 10)