



# More God, Less Stress

St. Paul's Lutheran Church

www.GrowWithJesus.org

January 8, 2017

Your body, soul, heart and mind are all connected...  
and stress effects them all!

### Health Effects of Stress:

- High Blood Pressure
- Heart Disease
- Obesity & Diabetes
- Stroke/Heart Attack
- Fatigue & Depression
- Headaches & Ulcers
- Digestive, Immune & Reproductive Problems
- Insomnia
- Overeating
- Alcohol, drug & tobacco Abuse

### Some Scripture Passages to Combat Stress:

- Joshua 1:9
- 1 Kings 19:9-13
- Psalm 46: 1-3
- Psalm 55:16-19, 22-23
- Psalm 118:5-6
- Proverbs 16:3
- Isaiah 40:30-31
- Jeremiah 17:7-8
- Matthew 6:25-34
- Matthew 11:28-30
- Luke 10:38-42
- John 14:23-29
- Romans 8:26-39
- 2 Corinthians 4:7-9
- Philippians 4:4-13
- James 1:2-4
- 1 Peter 5:7

### Discussion/Reflection Questions:

1. What are some of the causes of stress in your life?
2. What ill health effects are you feeling from stress?
3. What Bible passage might help you manage stress?
4. From "Overload..." pages 10-14, which de-stressors would help: 1) social support, 2) shrug therapy, 3) find your comfort zone, 4) nutrition, supplements, diet and exercise or 5) time to relax?
5. Anything you want to discuss from Pastor Stuart's message?



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