

International Conversation Cafe

Bible Topic: What to Do About Stress?

Acute stress is something all of us face. One therapist said, *"It is caused by things that have upset or worried us in the recent past and by pressures and worries of the future..."* This seems to describe the life of a student who, if not worried by the past, may be troubled by current pressures and the worries of an unknown future.

The first step to handling stress is learning to recognize when you are stressed. When you feel stressed out, you may eat when you are not hungry- or forget to eat at all! Perhaps you will have trouble concentrating or sleeping. Maybe you put off the work you need to do and spend time with friends, video games or sports.

The second step is to choose a way to deal with your stress. Some people avoid the event or person that causes them stress; however, it seems that this is not always possible and some may wonder if it's a good thing to do. The other choice is to manage how you *react* to stress.

The Psalmist, King David, also dealt with stress. Psalm 62:5-8

I will find my rest in God alone.
He is the One who gives me hope
He alone is my rock. He is the One who saves me.
He is like a fort to me. I will always be secure.
I depend on God to save me and to honor me.
He is my mighty rock. He is my place of safety.

Trust in him at all times, you people.

Tell him all of your troubles.

God is our place of safety.

Selah

Why does the Psalmist find rest in God?

What is the hope God gives to him?

Describe how God is like a rock,

What advice does the Psalmist give? How could this help you?

What are some of the stresses you or your family face?

When people feel stress, what are some of the things they do to find relief? Does it work?

Have you ever known someone who became so overwhelmed with stress that they made destructive choices for themselves?

Consider the Psalmist perspective about life.

Psalm 62

9 Ordinary people are only a breath.

Important people are not what they seem to be.

If they were weighed on a scale, they wouldn't amount to anything.

Together they are only a breath.

10 Don't trust in money you have taken from others.

Don't be proud of things you have stolen.

Even if your riches grow,

don't put your trust in them.

11 God, I have heard you say two things.

One is that you, God, are strong.

12 The other is that you, Lord, are loving.

I'm sure you will reward each person

in keeping with what he has done.

How does verse 9 and 10 help us deal with stress?

What are the two characteristics of God that can calm our minds, v. 11 and 12?

What makes it hard to trust in God?

What helps us to trust God?

What are the benefits of trusting God?