





DISTRESS
DISTRESS

STRESS
& ANGER

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DISTRESS

- prolong or extreme pain, sorrow or anxiety

1 Pet 1¹³ Therefore gird up the loins of your mind, be sober, and rest your hope fully upon the grace that is to be brought to you at the revelation of Jesus Christ



THE 4 AREAS OF MENTAL STRESS

1. Isolation / Loneliness
2. Anxiety / Worry

3. Stress / Anger
4. Hopelessness / Loss of identity

STRESS & ANGER

We are facing a national mental health crisis that could yield serious health and social consequences for years to come.

American Psychological Association (APA), 2020

50% ADMITTED TO
NEGATIVE BEHAVIORS

- * Screaming
- * Mood swing
- * Tension in their bodies
- * Being snappy

IMPACT of STRESS

ON YOUR BODY

Headache
Muscle tension or pain
Chest pain
Fatigue
Change in sex drive
Stomach upset
Sleep problems

ON YOUR MOOD

Anxiety
Restlessness
Lack of motivation or focus
Feeling overwhelmed
Irritability or anger
Sadness or depression

ON YOUR BEHAVIOR

Overeating or undereating
Angry outbursts
Drug or alcohol misuse
Tobacco use
Social withdrawal
Exercising less often



2 HANDLES

- Rest

- Rhythm



REST *Biblical Concept of Rest*

- Creation
- Sabbath

- Jesus
- NT church

Matt 11 ²⁸ Come to me, all who labour and are heavy laden, and I will give you rest.
²⁹ Take my yoke upon you, and learn from me, for I am gentle and lowly in heart,
and you will find rest for your souls. ³⁰ For my yoke is easy, and my burden is light.”

YOKE



- Let Him lead
- Let Him take the biggest load
- Let Him teach

1 Pet 5⁷ casting all your care upon Him, for He cares for you



RHYTHM

A strong, regular repeated pattern of movement or sound.



DAILY

Ps 61:8 ...I may *daily* perform my vows.

Ps 68:19 ...Praise be to the Lord, to God our Savior, who *daily* bears our burdens.

Ps 88:9 ..., I have called *daily* upon You; I have stretched out my hands to You.

Ez 3:4 ... and offered the *daily* burnt offerings

Matt 6:11 Give us this day our *daily* bread.

Lk 9:23 ...If anyone desires to come after Me, let him deny himself, and take up his cross *daily*, and follow Me.

Acts 2:46 ...So continuing *daily* with one accord in the temple, and breaking bread from house to house,

Heb 3:13 but exhort one another *daily*, while it is called "Today," lest any of you be hardened through the deceitfulness of sin.