

\_\_\_\_\_ Is My  
**Biggest Source of Stress**

**What things cause  
you stress?**

**Why are those things  
stressful?**

**How do you deal  
with stress?**

**Unexpected situation**

**Weight of Expectation**

**Overwhelming Burden**

## **Unexpected Situation**

Unplanned event

Unexpected trauma

## DAVID

David and his men reached Ziklag on the third day. Now the Amalekites had raided the Negev and Ziklag. They had attacked Ziklag and burned it, and had taken captive the women and all who were in it, both young and old. They killed none of them, but carried them off as they went on their way.

When David and his men came to Ziklag, they found it destroyed by fire and their wives and sons and daughters taken captive. So David and his men wept aloud until they had no strength left to weep. David's two wives had been captured—Ahinoam of Jezreel and Abigail, the widow of Nabal of Carmel. David was greatly distressed because the men were talking of stoning him; each one was bitter in spirit because of his sons and daughters.

1 Samuel 30:1-6

David, this situation is more complicated.

Last week James shared about David and Jonathan, and King Saul. And after that incident David was kicked out of Israel, and was forced to live amongst the enemies.

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1 Samuel 30:1-6

***What am I supposed to do?***

**DAVID**

But David found strength  
in the LORD his God.

1 Samuel 30:6

***What am I supposed to do?***

**Find Strength In God!**

"As the deer pants for streams of water,  
so my soul pants for you, O God.  
My soul thirsts for God, for the living God.  
When can I go and meet with God?  
My tears have been my food day and night,  
while men say to me all day long, 'Where is your God?'  
These things I remember as I pour out my soul:  
how I used to go with the multitude,  
leading the procession to the house of God,  
with shouts of joy and thanksgiving among the festive throng.  
Why are you downcast, O my soul?  
Why so disturbed within me?  
Put your hope in God, for I will yet praise him,  
my Savior and my God."

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**Are you facing an  
Unexpected Situation?  
Seek God and His Strength**

**Weight of Expectation**

**Pressure of Success**

**Fear of Failure**

## ESTHER

Then she instructed him to say to Mordecai, "All the king's officials and the people of the royal provinces know that for any man or woman who approaches the king in the inner court without being summoned the king has but one law: that he be put to death. The only exception to this is for the king to extend the gold scepter to him and spare his life. But thirty days have passed since I was called to go to the king."

When Esther's words were reported to Mordecai, he sent back this answer: "Do not think that because you are in the king's house you alone of all the Jews will escape. For if you remain silent at this time, relief and deliverance for the Jews will arise from another place, but you and your father's family will perish. And who knows but that you have come to royal position for such a time as this?"  
Esther 4:10-14

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Esther 4:10-14

***What am I supposed to do?***

## ESTHER

"Go, gather together all the Jews who are in Susa, and fast for me. Do not eat or drink for three days, night or day. I and my maids will fast as you do. When this is done, I will go to the king, even though it is against the law. And if I perish, I perish."

Esther 4:16

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Esther 4:16

***What am I supposed to do?***

**Share the burden & pray!**

Out of my distress I called on the Lord;  
the Lord answered me and set me free.  
The Lord is on my side; I will not fear.  
What can man do to me?  
The Lord is on my side as my helper;  
I shall look in triumph on those who hate me.  
It is better to take refuge in the Lord  
than to trust in man.  
It is better to take refuge in the Lord  
than to trust in princes.

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PSALM 118:5-9

Save us, we pray, O Lord!  
O Lord, we pray, give us success!  
Blessed is he who comes in the name of the Lord!  
We bless you from the house of the Lord.  
The Lord is God,  
and he has made his light to shine upon us.  
Bind the festal sacrifice with cords,  
up to the horns of the altar!  
You are my God, and I will give thanks to you;  
you are my God; I will extol you.  
Oh give thanks to the Lord, for he is good;  
for his steadfast love endures forever!

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**Are you feeling the  
Weight of Expectation?**

Share your burden  
with others and come to Jesus

## **Overwhelming Burden**

Too heavy of a load

No easy answers

## JESUS

36 Then Jesus went with them to the olive grove called Gethsemane, and he said, "Sit here while I go over there to pray." 37 He took Peter and Zebedee's two sons, James and John, and he became anguished and distressed. 38 He told them, "My soul is crushed with grief to the point of death. Stay here and keep watch with me." 39 He went on a little farther and bowed with his face to the ground, praying, "My Father! If it is possible, let this cup of suffering be taken away from me. Yet I want your will to be done, not mine."

Matthew 26:36-46

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## JESUS

40 Then he returned to the disciples and found them asleep. He said to Peter, "Couldn't you watch with me even one hour? 41 Keep watch and pray, so that you will not give in to temptation. For the spirit is willing, but the body is weak!"

42 Then Jesus left them a second time and prayed, "My Father! If this cup cannot be taken away unless I drink it, your will be done." 43 When he returned to them again, he found them sleeping, for they couldn't keep their eyes open.

Matthew 26:36-46

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## JESUS

44 So he went to pray a third time, saying the same things again. 45 Then he came to the disciples and said, "Go ahead and sleep. Have your rest. But look—the time has come. The Son of Man is betrayed into the hands of sinners. 46 Up, let's be going. Look, my betrayer is here!"

Matthew 26:36-46

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***What am I supposed to do?***

## TRUST GOD

"My Father! If it is possible, let this cup of suffering be taken away from me. Yet I want your will to be done, not mine."

"My Father! If this cup cannot be taken away unless I drink it, your will be done."

"My Father! If it is possible, let this cup of suffering be taken away from me. Yet I want your will to be done, not mine."

"My Father! If this cup cannot be taken away unless I drink it, your will be done."

Sovereignty of God

Things out of your control, destiny

*What am I supposed to do?*

**Trust God & His Perspective**

PSALM 121 **JESUS**

I lift up my eyes to the hills.  
From where does my help come?  
My help comes from the Lord,  
who made heaven and earth.  
He will not let your foot be moved;  
he who keeps you will not slumber.  
Behold, he who keeps Israel  
will neither slumber nor sleep.  
The Lord is your keeper;  
the Lord is your shade on your right hand.  
The sun shall not strike you by day,  
nor the moon by night.  
The Lord will keep you from all evil;  
he will keep your life.  
The Lord will keep  
your going out and your coming in  
from this time forth and for evermore.

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**Are you feeling an  
Overwhelming Burden?  
Trust God & His Perspective**

there is peace, in trusting God and in his perspective, he's in control.

**Though I walk in the midst of trouble,  
you preserve my life;  
you stretch out your hand against the  
anger of my foes,  
with your right hand you save me.  
The LORD will fulfill his purpose for me;  
your love, O LORD, endures forever—  
do not abandon the works of your hands.**

**Psalm 138:7,8**

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you preserve my life;  
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