

# Stress Management Project Grade: How Can Your Faith Help?

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You've researched some common techniques for stress relief that our world recommends, but if you forget about what the Bible teaches, then you are leaving out a whole arsenal of weapons against depression and stress.

## Prayer for Stressful Times:

Dear Lord,

I need you now because I am full of stress and anxiety. Reading your Word brings comfort, as I ask you to come and take my heavy burdens. I take each burden, one by one, and lay them at your feet. Please carry them for me so that I don't have to. Replace them with your humble and gentle yoke so that I will find rest for my soul today. I receive your gift of peace of mind and heart. Thank you that I can lie down tonight in peace and sleep. I know that you, Lord, will keep me safe. I am not afraid because you are always with me. Please keep me daily, Lord, in your perfect peace.  
Amen

<http://christianity.about.com/od/prayersforspecificneeds/a/stressanxiety.htm>

## Assignment:

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### First:

Create a Word document – name it “Your Last Name – Stress Bible Verses.docx.” Research the Internet or your own Bible for 5 Bible verses that are helpful encouragers or provide comfort to you when you have problems in life. Be sure to include the reference for each verse. Under each verse, tell what it means in your own words.

### **Example:**

*Matthew 6:34 (New King James Version)*

Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

My Interpretation: I have enough to think about today – I'll concentrate on what I have to do today and not worry about tomorrow – yet. Each day has enough of its own things for me to worry about, so I won't worry about tomorrow til tomorrow.

### Second:

Gratitude toward God has been linked with improved health outcomes and can reduce the experience of stress as well. One effective way to increase your gratitude level is to keep a gratitude journal, in which you record all for which you are grateful.

List 10 things you are thankful for – THINK about this! You'll be surprised at how many things you realize you are blessed with!

### Third:

Think about this statement:

“When you're experiencing stress, change the way you think. Shift your focus temporarily away from the problem and onto something relaxing, think objectively rather than emotionally, and talk to yourself in positive rather than negative ways.”

Remember the movie Hook? Peter Pan and the boys could fly if they used the magic dust and thought “happy” thoughts. Think about the phrase, “I'm going to go to my happy place!”

Spend a few minutes creating or describing your happy place – what do you like to think about when you are feeling stressed and don't want to focus about your situation?

