

“Handling Life’s Pressures”

Romans 15:4

Tuesday Bible Lunch

February 6, 2018

Introduction: The Bible is the best source we have in handling life’s pressures. Romans 15:4 gives us two reasons this is true.

Text: Romans 15:4

1. The biographical stories in the Bible teach us how to handle life’s pressures.

- “for our learning” (NKJV)
- “for our instruction” (CSB)

Illustration:

- It is wise to learn from our own experiences.
- It is wiser to learn from the experiences of others and it is usually less painful.

2. The Scriptures encourage us in life’s pressures.

- “comfort of the Scriptures” (NKJV)
- “through the encouragement from the Scriptures” (CSB)

Illustration: Sunday between the morning services, Dottie and I met a family in my office to pray with that would begin chemo on Monday afternoon at 1:00 pm. I gave the person two Scripture verses to use on Monday and named them “chemo verses.” Monday afternoon we received a text telling us how the verses had really helped.

T.S. Another way the Bible helps us handle life's pressures is seeing how Jesus handled life's pressures.

- Jesus had grueling demands on His time.
- Jesus was constantly interrupted.
- Jesus rarely had any time of His own.
- Jesus was never in a hurry.
- Jesus had a calmness about His life.

Question: How did Jesus do it?

Answer: Jesus lived His life with what we would call some sound stress management principles.

1. Jesus knew who He was. We see this in the Bible over and over

- “I am the light of the world” (John 8:12).
- “I am the door” (John 10:9).
- “I am the good shepherd” (John 10:11).
- “I am the Son of God” (John 10:36).
- “I am the way, the truth, and the life” (John 14:6).

Application: When you know who you are, you will stop trying to be who you are not.

Illustration: The Bible says, “You are complete in Christ” (Colossians 2:10).

Application: When you know who you are, you will not try to do things that you cannot do. This causes tremendous stress.

Application: When you know who you are, you will stop trying to do more than you can do. This is the killer!!

Illustration: I want to do many things that I just can't do. I just say, "I wish I could, but I can't." Sometimes I say that to myself.

Conclusion: If you are trying to do more than you have time to do, you are trying to do more than God gave you to do. God is not going to give you more to do than you have time to do it.