

LIFE SEMINAR

*How to avoid stress
and live a happy life*



...achieving heaven's goal
DCLM, NL



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***Introduction:
Expectations
and Inputs***

EXPECTATIONS

What do you expect to gain from this seminar?

All things are possible to God.

If you make God your Strength, all things will be possible to you too!



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INPUTS

If you were the Seminarian today, how would you help us reach or even surpass our expectations?

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*Stress and its
impact on you*

ACUTE STRESS

- **Meaning:** Short-term tension in reaction to immediate pressure.
 - When there is train disruption or traffic hold-up
 - When you are about to preach, contest or give a presentation, have an exam
 - When your baby suddenly cries
 - In the eve of a new job, a new house, a new car, wedding, etc.
- **Impact:**
 - **Positive [Eustress]:** Can aid memory or learning or performance because a performance chemical or hormone is released into your body. It “wakes you up”. *Psalm 19:5*
 - **Negative [Distress]:** Can cause headaches or fatigue if it is intense or happens frequently. *Genesis 27:46*

Stress is our body's response to the pressure we perceive or experience.

The response can be mental, emotional or physical .



CHRONIC STRESS

- **Meaning:** Constant feeling of pressure due to persistent challenges. E.g., financial problem, marital conflicts, job dissatisfaction, etc.
- **Impact:**
 - Can lead to hypertension, heart disease, anxiety, etc. It affects the brain and weakens immunity. *Deuteronomy 28:65-67*

Stress is our body's response to the pressure we perceive or experience.

The response can be mental, emotional or physical .



EPISODIC STRESS

- **Meaning:** Frequent periods of acute stress. This often occurs due to high-pressure lifestyles or demanding jobs.
- **Impact:**
 - Can increase your heart rate, blood pressure and glucose levels, leading to chronic stress if not handled. *Mark 6:30-32*

Stress is our body's response to the pressure we perceive or experience.

The response can be mental, emotional or physical .





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*Freedom from
chronic stress*

EXERCISE YOUR FAITH – *PHILIPPIANS 4:4-9*

- **Message:** Pressures will come. Rely on God's word for every pressure. If you do that, you will be free from negative stress.
- **Implications:**
 - **Rejoice in the Lord (v. 4):** Never put your joy in any external thing. Cultivate delight in God through daily devotion.
 - **Live moderately (v. 5):** Nothing external can satisfy. Take delight in little things. Be more of a producer than a consumer.
 - **Be anxious for nothing (v. 6):** No situation is beyond your God!
 - **Pray without accusation but a grateful heart (v. 6):** Prayer that is free from anxiety is full of faith. All requests will be granted.
 - **Retain God's peace through meditation and obedience (vv. 7-9).**

To overcome chronic stress:

1. *Raise your stress tolerance.*
2. *Lower your stress triggers.*



EXECUTE YOUR FREEDOM – ROMANS 8:15

- **Message:** God has given every believer liberty in how you package your life. Translate your faith into practical choices and decisions in the way you approach life. There is a human element in faith.
- **Implications:**
 - Be realistic about your expectation of man or human institutions.
 - Grow your capacity to match your ambition. *Philippians 4:13*
 - Match your deeds to your desires. *Proverbs 21:25*
 - Look ahead and start early in life and tasks. *Matthew 25:10*
 - Allow God to lighten or enlighten you. *Genesis 37:31-35*
 - Never borrow stress from others, the past or the present. *Mat 6:31-34*
 - Early to bed, disciplined use of the phone, enough sleep. *1 Cor 7:31*
 - Insure your uncertainties. *2 Tim 1:12*

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Any questions please?