

The Problem of Stress

- I. God exposes the origins of stress
 - A. Spiritual problems contribute to stress (Psalm 32:1–5)
 - B. Earthly cares contribute to stress (Luke 12:22–26)
 - C. Misplaced priorities contribute to stress (Luke 10:38–42)

- II. God provides the remedy for stress
 - A. Consider your knowledge of God (Psalm 3:1–5)
 - B. Prioritize your relationship with God (Psalm 119:143;
Psalm 27:3–5)
 - C. Relinquish your stress to God (2 Kings 19:14–19)