
04-30-23

Everyday Christianity

“The Answer For Life Stressors”

Matthew 7:24-27, Philippians 4:6-7, 2 Corinthians 1:8-10

Introduction: We are focused on developing a lifestyle where our faith in Christ is reflected in our everyday lives.

1. This should be normal, but far too many believers segment their lives into spiritual and secular.
2. Our goal is to merge them into an everyday Christianity.
3. We have covered a lot of ground and focused on very practical issues.
4. As we continue this morning, we will focus on dealing with the stressors of life.
5. We all experience stress; in a broken world it is inevitable.
6. Life itself is a breeding ground for stress, because stress is basically the wear and tear we experience as we live.
7. The answer is not to seek out some kind of utopia, that’s unrealistic.
8. The answer is learning how to respond to the stress of life.
9. Stress develops in stages.
 - Reaction
 - Resistance
 - Rupture
10. Is there an answer? What is it? Everyday Christianity!

I. Prepare For Stress

- A. Wisdom

- B. Foolishness

II. Replace Stress

- A. Prayer

- B. Thought

- C. Conduct

- D. Trust

Conclusion: We cannot escape the stressors of life.

1. We can overcome that stress in Christ.
 - Prepare
 - Replace
2. As we do, we will experience the peace of God that transcends all understanding.