



THE 5 LEADING CAUSES OF STRESS

1. _____
2. _____
3. _____
4. _____
5. _____

All the leading causes of stress have their root in _____.

Luke 12:22-28 (TPT) *Jesus taught his disciples, saying, "Listen to me. Never let anxiety enter your hearts. Never worry about any of your needs, such as food or clothing. For your life is infinitely more than just food or the clothing you wear . . . Does worry add anything to your life? Can it add one more year, or even one day? So if worrying adds nothing, but actually subtracts from your life, why would you worry? . . . O struggling one with so many doubts?"*

"Worry," in the Greek, means "to be distracted and divided."
Satan _____ you to _____ you from God's promise.

CASTING YOUR CARE

1 Peter 5:6-9 (NKJV) *Humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you. Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood*

The devil is seeking those who (1) are _____ and (2) are _____.

- Hope is an expectation of good, anticipating _____.
- Fear is an expectation of bad, anticipating _____.

Worry is _____ your imagination. It robs us of joy.

“Stress is America’s number one health problem . . . It has been estimated that 75-90 percent of all visits to primary care physicians are for stress related problems.”

— *The American Institute of Stress*

When we stop trusting in God’s love to take care of us, we enter into _____.

1 John 4:18 (NKJV) *There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears [has worry] has not been made perfect in love.*

HOW DO I CAST MY CARES ON THE LORD?

Philippians 4:6 (MSG) *Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns.*

1. _____ myself.
2. Developing a deep sense of _____.
3. Move from fear to _____.
4. Turn my worries into _____.
5. _____ through praise and worship.

The answer to anxiety is _____ and _____!

Psalms 55:22 (AMP) *Cast your burden on the Lord [releasing the weight of it] and He [God] will sustain you; He will never allow the righteous to be moved (made to slip, fall, or fail).*



THE 5 LEADING CAUSES OF STRESS

1. **Finances**
2. **Work**
3. **Family**
4. **Health**
5. **Relationships**

All these leading causes of stress have their root in **worry**.

Luke 12:22-28 (TPT) *Jesus taught his disciples, saying, "Listen to me. Never let anxiety enter your hearts. Never worry about any of your needs [Proverbs 21:5; Habakkuk 2:2], such as food or clothing. For your life is infinitely more than just food or the clothing you wear . . . Does worry add anything to your life? Can it add one more year, or even one day? So if worrying adds nothing, but actually subtracts from your life, why would you worry? . . . O struggling one with so many doubts?"*

"Worry," in the Greek, means "to be distracted and divided." Satan **distracts** you to **divide** you from God's promise.

CASTING YOUR CARE

1 Peter 5:6-9 (NKJV) *Humble yourselves under the mighty hand of God, that He may exalt you in due time, casting all your care upon Him, for He cares for you. Be sober, be vigilant [be free from illusion]; because your adversary the devil walks about like a roaring lion, seeking whom he may devour. Resist him, steadfast in the faith, knowing that the same sufferings are experienced by your brotherhood*

The devil is seeking those who (1) are **prideful** [humble yourself] and (2) are **full of worry** [cast your cares].

- Hope is an expectation of good, anticipating **pleasure**.
- Fear is an expectation of bad, anticipating **trouble**.

Worry is **misusing** your imagination. It robs us of joy.

Faith moves mountains, solves problems, and causes Heaven to act on our behalf. Worry, anxiety, and stress don't. They just create more problems and more mountains.

“Stress is America’s number one health problem . . . It has been estimated that 75-90 percent of all visits to primary care physicians are for stress related problems.”

— *The American Institute of Stress*

When we stop trusting in God’s love to take care of us, we enter into **stress**—we think we have to do it on our own.

1 John 4:18 (NKJV) *There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears [has worry] has not been made perfect in love.*

HOW DO I CAST MY CARES ON THE LORD?

Philippians 4:6 (MSG) *Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns.*

1. **Humble** myself.
(Stop placing my trust in self and start trusting in God).
2. Developing a deep sense of **God’s love**.
(I need to know how much God cares for me).
3. Move from fear to **hope**.
(Allow God’s Word to inspire hope).
4. Turn my worries into **prayers**.
(Pray the Word—pray hope filled prayers).
5. **Magnify God** through praise and worship.
(Make God bigger, in my eyes, than the problem).

The answer to anxiety is **prayer** and **praise**!

Psalms 55:22 (AMP) *Cast your burden on the Lord [releasing the weight of it] and He [God] will sustain you; He will never allow the righteous to be moved (made to slip, fall, or fail).*