



**TOPIC: DEFEATING STRESS BEFORE IT DEFEATS YOU – Pastor Alton Trimble**  
**Bible Study: Wednesday, March 25, 2020**

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**Foundational Scripture:**

*Mark 4:1-19 (NLT) Three days later, when David and his men arrived home at their town of Ziklag, they found that the Amalekites had made a raid into the Negev and Ziklag; they had crushed Ziklag and burned it to the ground. <sup>2</sup> They had carried off the women and children and everyone else but without killing anyone. <sup>3</sup> When David and his men saw the ruins and realized what had happened to their families, <sup>4</sup> they wept until they could weep no more. <sup>5</sup> David's two wives, Ahinoam from Jezreel and Abigail, the widow of Nabal from Carmel, were among those captured. <sup>6</sup> David was now in great danger because all his men were very bitter about losing their sons and daughters, and they began to talk of stoning him. But David found strength in the LORD his God. <sup>7</sup> Then he said to Abiathar the priest, "Bring me the ephod!" So Abiathar brought it. <sup>8</sup> Then David asked the LORD, "Should I chase after this band of raiders? Will I catch them?" And the LORD told him, "Yes, go after them. You will surely recover everything that was taken from you!" <sup>9</sup> So David and his 600 men set out, and they came to the brook Besor. <sup>10</sup> But 200 of the men were too exhausted to cross the brook, so David continued the pursuit with 400 men. <sup>11</sup> Along the way they found an Egyptian man in a field and brought him to David. They gave him some bread to eat and water to drink. <sup>12</sup> They also gave him part of a fig cake and two clusters of raisins, for he hadn't had anything to eat or drink for three days and nights. Before long his strength returned. <sup>13</sup> "To whom do you belong, and where do you come from?" David asked him. "I am an Egyptian—the slave of an Amalekite," he replied. "My master abandoned me three days ago because I was sick. <sup>14</sup> We were on our way back from raiding the Kerethites in the Negev, the territory of Judah, and the land of Caleb, and we had just burned Ziklag." <sup>15</sup> "Will you lead me to this band of raiders?" David asked. The young man replied, "If you take an oath in God's name that you will not kill me or give me back to my master, then I will guide you to them." <sup>16</sup> The seed on the rocky soil represents those who hear the message and immediately receive it with joy. <sup>17</sup> But since they don't have deep roots, they don't last long. They fall away as soon as they have problems or are persecuted for believing God's word. <sup>18</sup> The seed that fell among the thorns represents others who hear God's word, <sup>19</sup> but all too quickly the message is crowded out by the worries of this life, the lure of wealth, and the desire for other things, so no fruit is produced.*

**FOUR NEGATIVE ASPECTS OF STRESS**

- 1. STRESS CAN BE EMOTIONALLY DAMAGING TO YOUR MIND.**
- 2. STRESS CAN CREATE ANGER AND FRUSTRATION.**
- 3. STRESS CAN CAUSE YOU TO AVOID AND ESCAPE.**
- 4. STRESS CAN CAUSE PHYSICAL PAIN, SICKNESS, DISEASE, HEART ATTACK, HYPERTENSION, DIABETES, ETC.**

**DAVID USED SIX STEPS TO DEFEAT STRESS WHEN IT COULD HAVE DEFEATED HIM.**

I Samuel 30:1-19 (NLT)

**A. DAVID WAS HONEST AND CONFESSED HIS ANGUISH.**

Verse 4 – *they wept until they could weep no more.*

**B. DAVID ENCOURAGED HIMSELF IN THE LORD.**

Verse 6 – *David was now in great danger because all his men were very bitter about losing their sons and daughters, and they began to talk of stoning him. But David found strength in the LORD his God.*

**THE FIVE R's**

REMEMBER    REVIEW    REGARD    REPEAT    RELATIONSHIP

II Chronicles 20:5-12 (NLT)

**C. DAVID INQUIRED OF THE LORD AND GOT AN ANSWER.**

Verse 8 – *Then David asked the LORD, “Should I chase after this band of raiders? Will I catch them?” And the LORD told him, “Yes, go after them. You will surely recover everything that was taken from you!”*

DEEPEN    DISCERN    DEPEND    DISMISS

**D. DAVID PURSUED THE ENEMY WITH A VISION TO RECOVER ALL THAT WAS LOST.**

Verse 10 – *But 200 of the men were too exhausted to cross the brook, so David continued the pursuit with 400 men.*

1. Don't allow your inventory to determine your action.
2. Know that your victory has been predetermined by God.

**E. DAVID DEFEATED THE ENEMY.**

Verse 17 – *David and his men rushed in among them and slaughtered them throughout that night and the entire next day until evening. None of the Amalekites escaped except 400 young men who fled on camels.*

1. Take full responsibility in the authority God has given you.

Matthew 18:18 (NLT) *I tell you the truth, whatever you forbid on earth will be forbidden in heaven, and whatever you permit on earth will be permitted in heaven.*

2. Bind the enemy and destroy strongholds.

II Corinthians 10:4-5 (NKJV) *For the weapons of our warfare are not carnal but mighty in God for pulling down strongholds, <sup>5</sup> casting down arguments and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ.*

#### **F. DAVID RECOVERED ALL HE HAD LOST AND MORE.**

Verse 18-19 – *David got back everything the Amalekites had taken, and he rescued his two wives. <sup>19</sup> Nothing was missing: small or great, son or daughter, nor anything else that had been taken. David brought everything back.*

#### **HOW STRESS AFFECTS YOU IS UP TO YOU!**

#### **A. SUBMIT BY FAITH TO GOD’S PLAN AND PURPOSE FOR YOU AND HIS VISION FOR YOUR LIFE.**

Hebrews 11 (NKJV)

Hebrews 11:24-27 (NKJV) *By faith Moses, when he became of age, refused to be called the son of Pharaoh’s daughter, <sup>25</sup> choosing rather to suffer affliction with the people of God than to enjoy the passing pleasures of sin, <sup>26</sup> esteeming the reproach of Christ greater riches than the treasures in Egypt; for he looked to the reward. <sup>27</sup> By faith he forsook Egypt, not fearing the wrath of the king; for he endured as seeing Him who is invisible.*

#### **FOUR PREREQUISITES FOR SUBMITTING TO GOD’S PLAN & PURPOSE & HIS VISION FOR YOUR LIFE**

1. Don’t allow the temporal to distract you from the eternal.

- Christ’s sermon on worry.

Matthew 6:25-34 (NKJV) *Therefore I say to you, do not worry about your life, what you will eat or what you will drink; nor about your body, what you will put on. Is not life more than food and the body more than clothing? <sup>26</sup> Look at the birds of the air, for they neither sow nor reap nor gather into barns; yet your heavenly Father feeds them. Are you not of more value than they? <sup>27</sup> Which of you by worrying can add one cubit to his stature? <sup>28</sup> “So why do you worry about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin; <sup>29</sup> and yet I say to you that even Solomon in all his glory was not arrayed like one of these. <sup>30</sup> Now if God so clothes the grass of the field, which today is, and tomorrow is thrown into the oven, will He not much more clothe you, O you of little faith? <sup>31</sup> “Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ <sup>32</sup> For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. <sup>33</sup> But seek first the kingdom of God and His*

*righteousness, and all these things shall be added to you. 34 Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.*

### THREE REASONS TO HAVE THE RIGHT FOCUS:

- It's useless to do otherwise.

Psalm 127:1-2 (NKJV) *Unless the Lord builds the house, they labor in vain who build it; unless the Lord guards the city, the watchman stays awake in vain. 2 It is vain for you to rise up early, to sit up late, to eat the bread of sorrows; for so He gives His beloved sleep.*

- It's the path to peace.

Philippians 4:6-7 (NKJV) *Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; 7 and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.*

- It's a reflection of your trust in His care.

Proverbs 3:5-6 (NKJV) *Trust in the Lord with all your heart, and lean not on your own understanding; 6 In all your ways acknowledge Him, and He shall direct your paths.*

Psalm 84:12 (NKJV) *Lord of hosts, blessed is the man who trusts in You!*

Psalm 56:3 (NKJV) *Whenever I am afraid, I will trust in You.*

Psalm 20:7 (NKJV) *Some trust in chariots, and some in horses; but we will remember the name of the Lord our God.*

2. Learn to focus on what I can't see versus what I can see.

II Corinthians 4:16-18 (NKJV) *Therefore we do not lose heart. Even though our outward man is perishing, yet the inward man is being renewed day by day. 17 For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory. 18 while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal.*

- a. Don't give up or in, stand on God's enabling promises.

Galatians 6:9 (NKJV) *And let us not grow weary while doing good, for in due season we shall reap if we do not lose heart.*

- b. Renewal is available but you have to be willing and able to wait on God.

Isaiah 40:31 (NKJV) *But those who wait on the Lord shall renew their strength; they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.*

- c. The person you are today may not be the person God needs tomorrow.

I Samuel 10:5-6 (NKJV) *After that you shall come to the hill of God where the Philistine garrison is. And it will happen, when you have come there to the city, that you will meet a group of prophets coming down from the high place with a stringed instrument, a tambourine, a flute, and a harp before them; and they will be prophesying. 6 Then the Spirit of the Lord will come upon you, and you will prophesy with them and be turned into another man.*

3. Don't sully your present by being preoccupied with the past.

Philippians 3:12-13 (NKJV) *Not that I have already attained, or am already perfected; but I press on, that I may lay hold of that for which Christ Jesus has also laid hold of me. 13 Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead.*

II Corinthians 4:17 (NKJV) *For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory.*

**Life doesn't need a shortcut, it's already brief.**

James 4:14c (NKJV) *It is even a vapor that appears for a little time and then vanishes away.*

#### **FOUR REASONS WHY YOU CAN "GET LITE."**

- i. I have a Deliverer.

Psalms 34:19 (NKJV) *Many are the afflictions of the righteous, but the Lord delivers him out of them all.*

- ii. I have His Presence.

Isaiah 43:2 (NKJV) *When you pass through the waters, I will be with you; and through the rivers, they shall not overflow you. When you walk through the fire, you shall not be burned, nor shall the flame scorch you.*

- iii. I have His grace.

II Corinthians 12:9 (NKJV) *And He said to me, "My grace is sufficient for you, for My strength is made perfect in weakness." Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me.*

- iv. I have His unlimited possibilities.

Mark 9:23 (NKJV) *Jesus said to him, "If you can believe, all things are possible to him who believes."*

Three things you must do to push pass your past (some combination of these).

- Receive God's forgiveness (drop the terminal uniqueness).
- Forgive others who have harmed you.
- Walk in the reality of the new life God has afforded you by enabling you to do one or both of the above.

4. Your vision will determine your future.

II Corinthians 4:18 (NKJV) *While we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal.*

II Kings 6:8-23 (NKJV)

#### TRAVEL KIT FOR STRESS MANAGEMENT

1. Focus on your purpose not your pressure.

Proverbs 29:18 (NKJV) *Where there is no revelation, the people cast off restraint; but happy is he who keeps the law.*

Proverbs 29:18 (NLT) *When people do not accept divine guidance, they run wild. But whoever obeys the law is joyful.*

Ephesians 5:8 (NLT) *For once you were full of darkness, but now you have light from the Lord. So live as people of light!*

Hosea 6:3 (NLT) *Oh, that we might know the Lord! Let us press on to know him. He will respond to us as surely as the arrival of dawn or the coming of rains in early spring.*

2. Develop positive sensory perception.

Matthew 6:22 (NLT) *Your eye is like a lamp that provides light for your body. When your eye is healthy, your whole body is filled with light.*

Romans 4:13-20 (NLT) *Clearly, God's promise to give the whole earth to Abraham and his descendants was based not on his obedience to God's law, but on a right relationship with God that comes by faith. 14 If God's promise is only for those who obey the law, then faith is not necessary and the promise is pointless. 15 For the law always brings punishment on those who try to obey it. (The only way to avoid breaking the law is to have no law to break!) 16 So the promise is received by faith. It is given as a free gift. And we are all certain to receive it, whether or not we live according to the law of Moses, if we have faith like Abraham's. For Abraham is the father of all who believe. 17 That is what the Scriptures mean when God told him, "I have made you the father of many nations." This happened because Abraham believed in the God who brings*

the dead back to life and who creates new things out of nothing. 18 Even when there was no reason for hope, Abraham kept hoping—believing that he would become the father of many nations. For God had said to him, “That’s how many descendants you will have!” 19 And Abraham’s faith did not weaken, even though, at about 100 years of age, he figured his body was as good as dead—and so was Sarah’s womb. 20 Abraham never wavered in believing God’s promise. In fact, his faith grew stronger, and in this he brought glory to God.

II Corinthians 4:16-18 (NLT) That is why we never give up. Though our bodies are dying, our spirits are being renewed every day. 17 For our present troubles are small and won’t last very long. Yet they produce for us a glory that vastly outweighs them and will last forever! 18 So we don’t look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see will last forever.

3. Stay in control by surrendering to His control.

Proverbs 15:1 (NLT) A gentle answer deflects anger, but harsh words make tempers flare.

4. Develop a plan of action.

Habakkuk 2:2 (NKJV) Then the Lord answered me and said: “Write the vision and make it plain on tablets, that he may run who reads it.”

5. Exercise your faith and patience.

Hebrews 6:10-15 (NKJV) For God is not unjust to forget your work and labor of love which you have shown toward His name, in that you have ministered to the saints, and do minister. 11 And we desire that each one of you show the same diligence to the full assurance of hope until the end, 12 that you do not become sluggish, but imitate those who through faith and patience inherit the promises. 13 For when God made a promise to Abraham, because He could swear by no one greater, He swore by Himself, 14 saying, “Surely blessing I will bless you, and multiplying I will multiply you.” 15 And so, after he had patiently endured, he obtained the promise.

Hebrews 10:35-36 (NKJV) Therefore do not cast away your confidence, which has great reward. 36 For you have need of endurance, so that after you have done the will of God, you may receive the promise.

6. Value God’s Word above everything.

Matthew 4:4 (NKJV) But He answered and said, “It is written, ‘Man shall not live by bread alone, but by every word that proceeds from the mouth of God.’”

I Peter 2:2 (NKJV) As newborn babes, desire the pure milk of the word, that you may grow thereby...

Psalms 19:10 (NKJV) More to be desired are they than gold, yea, than much fine gold; sweeter also than honey and the honeycomb.

7. Pray in the Spirit regularly.

Romans 8:26 (NLT) *And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words.*

I Corinthians 14:39 (NKJV) *Therefore, brethren, desire earnestly to prophesy, and do not forbid to speak with tongues.*

### **Discussion Questions**

1. In what ways has your thoughts about the past negatively impacted your present circumstances?
  - Please discuss and be specific
2. Please discuss the four 'get lite' observations in light of how they are or are not resourcing your life today?
  - Which of them do you embrace more than the others?
  - Please explain why?
3. Which of the three things you must do to push pass your past do you need to focus on more?
  - Please discuss
4. Please discuss how you vision is determining your future in our current context?
  - Please be specific in your response
5. In what order are you packing your travel kit for stress management.
  - Please discuss