



**SERIES: MY LIFE WITH GOD**

## **A Biblical Response to Stress**

**Life Reference: Mark 6:30-32**

**Focus Verse:**

***“And he said unto them, Come ye yourselves apart into a desert place, and rest a while: for there were many coming and going, and they had no leisure so much as to eat” (Mark 6:31).***

Have you ever felt like running away from home? Oh, not forever, but at least for a little while? Life has many pressures, and sometimes we feel that we cannot handle one more thing. That is when the “get away from it all” feeling strikes. Oh, how tempting to grab the car keys and just go—somewhere, anywhere, as long as it is by yourself. Of course, most of us just pull ourselves back up and resume our hectic pace. We never even make it as far as the driveway.

Everyone talks about stress. We blame it on the pace of modern life, but stress has been around for a long time. Even the Lord and His disciples felt the pressure of too many demands. Mark 6:31 says that they did not even have time to eat. That is when the Lord said, “It’s time to get away and rest.” It may be time for you to do the same thing.



© 2007

Visit: [www.moretolifetoday.com](http://www.moretolifetoday.com) for Terms of Use



## Life Reflection:

Think about a time when you felt you could not handle one more pressure or worry in life? Briefly describe it.

How did you respond?

In reflection, do you think this was the appropriate response or would there have been a better way to handle that time in your life?

What Is Stress? One source defines it as, "Forces from the outside world impinging on the individual" (MedicineNet.com). None of us lives without stress. We all experience change (relocation, marriage, employment), loss (death, finances, broken relationships), or uncertainty about the future. Even happy events can bring on stress—just ask any mother of the bride. Some stress is actually good for us. It helps us learn and grow. On the other hand, too much stress can cause real problems. Physical symptoms may include difficulty sleeping, digestive problems, headaches, back pain, or rashes.

## Life Reflection:

Are the stresses in your life positive or negative?

What lessons, if any, have you learned from the stress and your response to it?

A variety of self-help books offer advice on how to overcome stress. Many make valid points. There is merit in managing our time, organizing our finances, conquering clutter, and developing healthy relationships. Setting priorities and



© 2007

Visit: [www.moretolifetoday.com](http://www.moretolifetoday.com)



having a daily To Do list are good steps to take. No one will argue with any of this. However, we may be overlooking one of the most important stress-relievers available—going apart to a quiet place with the Lord.

The Word of God does not tell us how to balance our checkbooks, enter appointments in a Day-Timer or PDA, or juggle carpool responsibilities. What it does offer is a place of refuge from the complexities of daily life.

**“When my heart is overwhelmed: lead me to the rock that is higher than I. For thou hast been a shelter for me, and a strong tower from the enemy” (Psalm 61:2-3).**

## **Life Response:**

When life’s pressures and difficulties weigh you down, pray the Word. To pray the Word we take a passage of Scripture and personalize it by changing the verses to read “me,” “my,” and “mine.” A good place to begin this type prayer is in the Psalms. David knew what it was like to be besieged by trouble, and some of the most encouraging passages can be found in his writings.

Psalm 121 is a good place to begin your prayer.

I will lift up my eyes—  
From whence comes my help?  
My help comes from the LORD,  
Who made heaven and earth.

(New King James Version)

Continue on through this Psalm and make it your own prayer. Read the verses again and again, claiming each promise for yourself. Search out other verses that apply to your specific situation. As you pray these scriptures into your life, let the peace of God enter your soul. You have found your hiding place, your refuge from the storm.

The next time you feel like running away from life’s problems, don’t run away—run to! Jesus has invited you:

**“Come to Me, all you who labor and are heavy laden, and I will give you rest . . . and you will find rest unto your souls” (Matthew 11:28-29).**



© 2007

Visit: [www.moretolifetoday.com](http://www.moretolifetoday.com)



## My Prayer:

Dear Lord, thank you for Your invitation to come to you with my stress, my worry, and my concerns. Help me throughout the day to remember that I can find rest by coming to You with my needs. You have told me that when I feel overwhelmed, you will lead me to the rock that is higher than I. You promised to be my shelter and strong tower. Help me to abide in you and trust in you. I accept your invitation and I will praise you for the rest I have found in You. (Read Psalm 61.)

## More Life with God References:

Psalm 46  
Psalm 61:1-3  
Isaiah 40:28-31  
Isaiah 41:9-10  
Matthew 11:18-30  
Romans 8:37-39  
II Corinthians 4:7-18  
II Corinthians 12:10  
Ephesians 6:10-18  
Hebrews 12:1-3

*Bible Study Submitted by Mary Loudermilk*



© 2007

Visit: [www.moretolifetoday.com](http://www.moretolifetoday.com)