

# DE-STRESSING FAMILY

Harold Bullock, Hope Church

4. \_\_\_\_\_ Your Vulnerability And Pray *Matt 6:13*

5. Get \_\_\_\_\_ *Pro 3:13-17*

## Where Does Stress Comes From?

- External Sources: Media & Family/\_\_\_\_\_
- Two “Stressors:” Ideas about Success & \_\_\_\_\_
- Internal Sources—Generate \_\_\_\_\_
- \_\_\_\_\_ & Competition: *James 3:16*
- \_\_\_\_\_ : *James 4:1*
- \_\_\_\_\_ : *Pro 15:1*

## How Do You De-Stress Family Life?

- For *Immediate Relief*: \_\_\_\_\_ Responses *Pro 15:1*
- Talk “\_\_\_\_\_” To Yourself
- Do What’s \_\_\_\_\_ Important *Luke 10:41-42*

- Your child will do well if he/she learns to...**

- Be honest
- Keep promises
- Handle disappointments & difficulties
- Have an accurate picture of himself
- Profit from instruction & correction
- Take responsibility for himself (pull his own weight)
- Think ahead
- Read people and situations
- Work hard
- Be kind
- Relate rightly with other people
- Look to the interests of others as well as his own
- Work creatively under authority
- Walk with God

- 8 Facets of Family Life**

- You (your views, goals, heart issues)
- Marriage relationship
- Parenting
- Financial management
- Business/career/job
- Family life system
- In-laws
- Friends

6. \_\_\_\_\_ With God: \_\_\_\_\_

- The “Gospel” in a nutshell:**

We are all rebels at heart *Romans 3:23; Isaiah 53:6*

Our rebellion has...

- Separated us from God *Isaiah 59:2*
- Earned us death (physical & spiritual) *Romans 6:23*

No amount of good deeds will suffice *Ephesians 2:8-10*

God entered history as Jesus Christ

- Christ taught about God, obeyed him fully and died to pay for our rebellion *Isaiah 53:6 I Peter 3:18*
- He rose again, was seen by more than 500 & ascended back into heaven where he rules *I Corinthians 15:3-6*

If you turn around to follow him (repent)...

- His death pays your sins; his obedience is credited to you *Luke 24:47*
- You are “justified,” treated by God “just-as-if-I’d” never sinned *Romans 5:1*
- God will move into your life and begin making changes

You become part of the church and start learning how to obey Christ *Acts 2:41*