



- Each of us in this room has pressures and stresses in our lives --and we *don't* always handle them correctly.

#### Why Worry?

- **40%** will never happen.
- **30%** concerns old decisions that cannot be altered.
- **12%** centers in criticisms, mostly untrue.
- **10%** relates to health which worsens while I worry.
- **8%** is legitimate.
- **1** John 13:1; 16:33

### I. Reasons Jesus Felt Pressure in His Life.

- He was **misunderstood**
- He was not **accepted**. **1** John 1:11
- He was **tempted**. (*yet without sin!*)
- His disciples were **slow learners**.
- He had heavy **responsibilities**.
- He had little **time** to do it.
- He left the job **unfinished**.

### II. How Jesus Handled Pressure.

- He knew **who to go to!** **1** John 17:1a
- He knew **what He came for**. **1** John 17:1b
- He gave up His **rights**. **1** John 17:1c
- He focused on **giving**. **1** John 17:2-3
- He did a **good job**. **1** John 17:4

### III. Principles for Handling Pressure.

- Turn everything** over to God **1** Peter 5:7
  - God is concerned about **me**.
  - God is concerned about **everything** in my life. **1** Pet 5:6
  - God wants my problems **now**.
- Understand your **purpose** in life
  - ◆ The **greater** your purpose the more **stability** and **tenacity** you have in handling problems. The **less** purpose in life the easier it is to **give up**.
  - ◆ My overall purpose: the **glory** of God and to **become more like** Jesus day by day!
- Give up your **rights** (*Learn to **submit** to God*)
  - ◆ Our society has managed to **sanctify** selfishness.
  - ◆ **Strong** people give up their rights much quicker than **weak** people. **1** Philippians 2:5-8
- Become a **generous** person. **1** Mark 10:45
  - Socrates... "**know** thyself"
  - Cicero.... "**control** thyself"
  - Jesus..... "**give** thyself"
- Determine that **excellence** will be your standard.