INTO THE DEEP SERIES

NOTES FROM WEEK #1 - NO STRESS

Romans 8:18-39 (Carpe Diem – Seize the Day)

STEPPING INTO THE DEEP

So, where do you start on the road to a more rewarding life? The first step is learning to conquer stress. We all face stress. Stress management (the way of the world) or Stress Demolition (learning to live without stress).

Stress (habits) can define us. It becomes who we live all day every day. It’s a terrible way to live. Stressful anxiety is the enemy of the deeper life. The only time you should really be stressed is when you're in a situation that's completely out of control. Here's the catch. If you're a follower of Jesus Christ, you'll never encounter such a situation. Why? Because Greater is he that is in you than he that is in the world. (1 John 4:4)

A deep, fulfilling, satisfyingly abundant life will never just fall in your lap. You have to choose it. You have to reach out and take it.

HOW? By giving God the place you've been giving stress.

Most of our stress is perceived stress. We're stressed because we tell ourselves the wrong thing. Just as stress starts with you telling yourself the wrong thing, it stops when you begin telling yourself the right thing.

3 Secrets of UN-STRESS (from Romans 8)

1. The Principle of God's PRESENCE: He is with you always.

God is always present with you, so make it a point to be present with him. Acknowledge his presence. He’s not going anywhere.

Who shall separate us from the love of Christ? shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword? (v35)

For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor
height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord. (v38-39)

2. The principle of God's PURPOSE: There's no such thing as random.

And we know that all things work together for good to them that love God, to them who are the called according to his purpose. (v28)

When you give your life to Jesus Christ, he becomes the architect of your future. He designs and directs the details of your life so that you can become the person he created you to be. When I trust in his purpose, stress loses its power.

3. The principle of God's PERSPECTIVE: Learn to see the big picture.

"If you're going to make every thing a matter of life or death, you're going to have a lot of problems. For one thing, you'll be dead a lot."

We get stressed when we live as if this moment is all there is. The Bible teaches us that this moment isn't all there is. This moment is just one drop in the ocean of eternity. That's why we need to learn to see the big picture.

"I have discovered that the people who believe most strongly in the next life do the most good in the present one." (C.S. Lewis)

In order to live life to the fullest, we need to realize that this life isn't all there is. Learn to see the triviality of your problems in comparison to the greatness of God.

Taking the first step into the deeper life comes down to this: A willingness to let go of the little things and start trusting God for the big things.