

# STRESSED OUT

Aug 28th, 2016

## I. Luke 2:39-50

A. V41 - Jews required to appear three times every year in Jerusalem

1. Passover
2. Pentecost
3. Feast of Tabernacles

B. V46-47 -

1. Astonished - *existemi* - Astounded to the point of being overwhelmed, wonder or surprise. Can't comprehend what they are experiencing.

C. V48-50 -

1. Amazed - *ekplesso* - to strike with astonishment
2. Sought you anxiously - *odunao* - To grieve, torment; to experience great distress or anxiety — to be very much distressed, to be terribly worried

D. V49 -

1. Business vs. Busyness - Being about the Father's business and busyness are two different things.
  - a) Business - Purposeful activity; Mission, Objective, Cause or purpose.
    - (1) Matt 11:28-30 28 Come to Me, all you who labor and are heavy laden, and I will give you rest. 29 Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For My yoke is easy and My burden is light
  - b) Busyness - Full of activity; busy
    - (1) Busy - Actively doing something, engaged in action.

(2) **Busy design** - If we say something is “busy” we mean that it is full of distracting design.

(a) **Distract** - To take thoughts, attention or focus away from something towards something else.

c) **Father’s Business** - Purposeful activity; Mission, Objective, Cause or purpose.

d) **Busyness** - Activity not initiated by the Father that will distract from our purpose

e) **Business vs. Busyness** - Difference in one letter; that letter represents the author or initiator of the activity

(1) I - I AM - Name of God given to Moses

(2) Y - You

2. **Stress/Worry/Anxiety** - a state of mental pressure, fear and worry caused by problems in your life, work, etc., real and/or anticipated.

3. **1 Peter 5:6-7** 6 Therefore humble yourselves [demote, lower yourselves in your own estimation] under the mighty hand of God, that in due time He may exalt you, 7 Casting the whole of your care [all your anxieties, all your worries, all your concerns, once and for all] on Him, for He cares for you affectionately and cares about you watchfully. AMP

4. **1 Thess 3:7-8** 7 Brethren, for this reason, in [spite of all] our stress and crushing difficulties we have been filled with comfort and cheer about you [because of] your faith (the leaning of your whole personality on God in complete trust and confidence). AMP

## II. **Matt 6:25-34** - **Worry**

- A. **Worry** - to think about problems or fears: to feel or show fear and concern because you think that something bad has happened or could happen
1. Fear - False, Evidence, Appearing, Real

III. **Ps 119:143** 143 As pressure and stress bear down on me, I find joy in your commands. New Living Translation

IV. **Mark 4:18-19** 18 The seed cast in the weeds represents the ones who hear the kingdom news 19 but are overwhelmed with worries about all the things they have to do and all the things they want to get. The stress strangles what they heard, and nothing comes of it. THE MESSAGE

V. **Phil 4:6-7**