

**How To Handle Stressful Situations**  
**#SermonStress**  
**Strength For Stressful Times Part 4**  
**Dr. Mark Jackson - February 25, 2018**

**2 Timothy 4:5a** But you, keep your head in all situations... (NIV)

**When You Face Compromising Situations:**

**1. DO THE RIGHT THING**

**Proverbs 4:26** Be careful what you do, and always do what is right. (NCV)

**Proverbs 10:9** People with integrity have a firm footing, but those who follow crooked paths will slip and fall. (NLT)

**2. TRUST GOD FOR YOUR FUTURE**

**Proverbs 23:17** Don't envy evil men but continue to reverence the Lord all the time, for surely you have a wonderful future ahead of you. There is hope for you yet! (LB)

**Isaiah 49:4b** ...I leave it all in the LORD'S hand; I will trust God for my reward. (NLT)

**When You Face Conflicting Situations:**

**1. CHANGE YOUR FOCUS**

**Philippians 2:3-6** Don't be selfish... Be humble...<sup>4</sup> Don't think only about your own affairs, but be interested in others, too, and what they are doing.<sup>5</sup> Your attitude should be the same that Christ Jesus had.<sup>6</sup> Though he was God, he did not demand and cling to his rights as God. (NLT)

**2. WATCH YOUR WORDS**

**Proverbs 18:20** You will have to live with the consequences of everything you say. (TEV)

**Ephesians 4:29-32** Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement...<sup>31</sup> Get rid of all bitterness, rage, anger, harsh words, and slander...<sup>32</sup> Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you. (NLT)

## **When You Face Competing Situations:**

### **1. STOP COMPARING**

**Galatians 6:4** Let everyone be sure that he is doing his very best, for then he will have the personal satisfaction of work well done and won't need to compare himself with someone else. (LB)

### **2. REMEMBER GOD'S UNCONDITIONAL LOVE**

**Romans 5:8** But God showed his great love for us by sending Christ to die for us while we were still sinners. (NLT)

**Jeremiah 31:3a** ...I have loved you with an everlasting love... (NIV)