

Friday

Another principle from the message was collaboration: Doing life with people, and not alone. Read the interesting story in Exodus 18:13–26. Moses' father-in-law, Jethro (go ahead and hum the Beverly Hillbillies theme here) visits him. What does Jethro see here that is not good?

What advice does he give Moses?

How can you apply that advice to yourself in a practical, specific way this week?

Ask God to help you collaborate with others in a way that lessens your stress level!

Saturday

Read Psalm 23:1–3. How does God lead you beside quiet waters — in other words, what are your quiet waters? What refreshes you?

Ask God for wisdom on how best to slow down. Please pray for the weekend services, and catch up on any devotions you may have missed!

Life Like Jesus

PART 5

Handling Stress Like Jesus

May 8 & 9, 2010 • René & Laurie Schlaepfer

Stress Quiz

1. Do you usually feel like you're in a hurry?
2. Is your "to do" list usually unrealistically long?
3. Do you use days off to catch up with unfinished work?
4. Has more than one person recently told you to slow down?
5. Do you feel guilty when you relax?
6. Do you have to get sick to take time off?

If you answered yes to four or more questions, this is for you!

"The conditions of modern day living devour margin. Marginless is being 30 minutes late to the doctor's office because you were 20 minutes late getting out of the hairdresser because you were 10 minutes late dropping the children off at school because the car ran out of gas two blocks from a gas station and you forgot your purse. Marginless is fatigue. Margin is energy. Marginless is burry. Margin is calm. Marginless is our culture. Margin is counter-culture, having some space in your schedule. Marginless is reality. Margin is remedy."

— Dr. Richard Swenson

Four Principles from the Life of Jesus:

1. MOTIVATION: _____

Jesus begins his ministry by revealing his life mission in Luke 4:18–19

"I seek not to please myself but **him who sent me**." *John 5:30b (NIV)*

"I know **where I came from** and **where I am going**." *John 8:14b (NIV)*

"I always do **what pleases him**." *John 8:29b (NLT)*

"No one can serve **two masters**..." *Luke 16:13a (NLT)*

2. CONCENTRATION: _____

At daybreak Jesus went out to a solitary place. The people were looking for him and when they came to where he was, they tried to keep him from leaving them. But he said, "I must preach the good news of the kingdom of God to the other towns also, because **that is why I was sent**."

Luke 4:42–43 (NIV)

As the time approached for him to be taken up to heaven, Jesus **resolutely** set out for Jerusalem.

Luke 9:51 (NIV) (See Luke 9:62)

3. RESTORATION:

At daybreak Jesus went out to a **solitary** place. *Luke 4:42a (NIV)*

But the news about Jesus spread even more. Many people came to hear . . . but Jesus **often slipped away to be alone so he could pray**. *Luke 5:15–16 (NCV)*

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a **solitary place, where he prayed**. *Mark 1:35 (NIV)*

Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and **get some rest**.” *Mark 6:31 (NIV)*

4. COLLABORATION:

In the next chapter, *Luke 5*, Jesus calls his first disciples.

He appointed twelve — designating them apostles — **that they might be with him** . . . *Mark 3:14a (NIV)*

Then he said to them, “My soul is overwhelmed with sorrow to the point of death. **Stay here and keep watch with me**.” *Matthew 26:38 (NIV)*

SALVATION:

[Jesus said,] “Come to me, all of you who are weary and carry heavy burdens, **and I will give you rest**. Take my yoke upon you. Let me teach you, because I am humble and gentle, and you will find rest for your soul.” *Matthew 11:28–29 (NLT)*

Sources

Quote from Richard Swenson, “Margin”, p. 13

Outline adapted from Richard Warren “Answers to Life’s Difficult Questions”, pp. 11–20

Daily Meditations

Here’s a chance to spend some time each day this week meditating on today’s topic!

Monday

Take the quiz on page 1. Do any of these questions strike a chord with you?

Which of the four principles is easiest for you? Which is hardest? Why?

Read Matthew 11:28–29. To whom is Jesus speaking? Can you relate?

What does he offer? What do you think it means to “take his yoke”?

Today, if you feel weary and burdened, ask Jesus to give you rest. If you haven’t yet, tell Him you will “take His yoke” upon you; that is, you will let him lead you.

Tuesday

The first point last weekend was about finding your life’s motivation — your personal mission. Read Luke 4:18–19. How would you summarize the mission of Jesus Christ?

What in this mission is true for all followers of Jesus?

I’ve found this acronym helpful when I’ve tried to figure out my own life mission:

“S.H.A.P.E.”, which stands for Spiritual gifts, Heart’s desire, Abilities, Personality, and Experiences. God has given you a certain “SHAPE” through which His message flows to the world. Whether you use the SHAPE acronym or not, how would you summarize your purpose in life — as expressed at this time in your life?

Ask God to help you stay on task, and to help you hone your understanding of your purpose in life.

Wednesday

Read Luke 5:15–16. Jesus “often” retreated in order to pray. What does this imply for you and me? Read Mark 6:31. What is his advice to the disciples?

Do you ever need to hear this?

In what ways have you practiced this in your life?

How will you “withdraw” this week to recharge your batteries?

Ask God to help you regularly find spiritual renewal and recharge.

Thursday

Read Luke 4:42–44. Another principle from the message was concentration, or selection: learning to focus on the most important things, learning to say no. Read Mark 1:21–39 for an interesting look at 24 hours in Jesus’ life. List everything that happened in that one day:

How did Jesus respond to the unexpected calls for his action?

What impresses you about how his day ends?

How was Jesus able to turn away from some needs? What does this teach you about concentration?

Spend time right now with God, asking Him for wisdom in making the right decision about pressing needs in your life.



Memory Verse

“Come to me, all of you who are weary and carry heavy burdens, **and I will give you rest**. Take my yoke upon you. Let me teach you, because I am humble and gentle, and you will find rest for your soul.”

Matthew 11:28–29 (NLT)