

STRESS OUT

Let Gooooo

Luke 21:34 NIV Be careful, or your hearts will be weighed down with carousing, drunkenness and the **anxieties of life**, and that day will close on you suddenly like a trap.

“Anxiety is like quicksand, the longer we are in it, the deeper we sink.”

RELATIONAL STRESS

- ✓ Relational stress affects **everything**.

Physical Health

Work or **School**

Emotional Health

Dreams

Mental Health

Future

- ✓ We project the effect of relational stress onto our **other relationships**.

FREEDOM FROM RELATIONAL STRESS

- ✓ We **Forgive** and **Seek** forgiveness.

Matthew 18:21-22 NIV Then Peter came to Jesus and asked, “Lord, how many times shall I forgive my brother or sister who sins **against me**? Up to seven times?” Jesus answered, “I tell you, not seven times, but seventy-seven times.

Matthew 5:23-24 NIV Therefore, if you are offering your gift at the altar and there remember that your brother or sister has something **against you**, leave your gift there in front of the altar. First go and be reconciled to them; then come and offer your gift.

- ✓ We take **Responsibility**

Romans 12:14-19 NIV Bless those who persecute you; bless and do not curse. Rejoice with those who rejoice; mourn with those who mourn. Live in harmony with one another. Do not be proud, but be willing to associate

with people of low position. Do not be conceited. Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone. **If it is possible, as far as it depends on you, live at peace with everyone.** Do not take revenge.

- ✓ We attempt to **Reconcile**.

2 Corinthians 5:17-21 NIV Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation: that God was reconciling the world to himself in Christ, not counting people’s sins against them. And he has committed to us the message of reconciliation. We are therefore Christ’s ambassadors, as though God were making his appeal through us. We implore you on Christ’s behalf: Be reconciled to God. God made him who had no sin to be sin[b] for us, so that in him we might become the righteousness of God.

RELATIONAL PEACE

1. We focus on **obedience**:
He handles the **outcome**.
2. We extend **grace**:
He gives **healing**.
3. We seek **reconciliation**:
He provides the **remedy**.

- ✓ The path to relational peace requires us to embrace the power of **an apology!**

21 Days of Prayer & Fasting
January 8 – 28, 2022