

Outline – May 8, 2022
Numbers 20:5-12; Luke 17:28-32;
Philippians 4:1-7
Wandering In The Wilderness
Dealing With Stress Of Motherhood

Stress Puts You In The Wilderness Of Your Mind

- I. **The concern of stress**
 - A. Losing something I love
 - B. Getting something I hate
 - C. Facing conflict in areas of importance
 - 1. What conflict is not
 - 2. What conflict is
- II. **The areas of stress**
 - A. What stresses most moms?
 - 1. Relationships
 - 2. Feeling overwhelmed by life's demands
 - 3. Doing too much
 - 4. Encounters – unexpected
 - 5. Self-doubts
 - B. Who stresses most moms?
 - 1. Spouses
 - 2. Children
 - 3. Friends
 - 4. In-laws
 - C. Why does stress happen?
 - 1. Living up to expectations
 - 2. Competition
 - D. When does stress happen?
 - 1. Beginning of day
 - 2. Middle of the day
 - 3. End of the day
 - E. Where does stress happen,
 - 1. At home
 - 2. At meetings
 - 3. At work
- III. **The mind – body connection**
 - A. The autonomic nervous system
 - 1. When conflict happens
 - 2. Releasing stress hormones
 - 3. Fight, flight, freeze

- B. The vagus nerve
 - 1. The brake
 - 2. The rest and digest
 - 3. The mind helps hit the brake of vagus nerve

IV. What stress does

- A. Physical/medical problems
 - 1. Heartburn
 - 2. Hypertension
 - 3. Headaches
 - 4. Muscle cramps
 - 5. Cardiac concerns
 - 6. Gastrointestinal problems
 - 7. Sleep disorders
 - 8. Prone to diabetes
- B. Mental/psychological
 - 1. Anxiety
 - 2. Depression
 - 3. Brain fog
- C. Relational
- D. Spiritual

V. Ten things to know and apply to manage stress

- A. Make every day thanksgiving
 - 1. Give thanks for something each day
 - 2. Rejoice in the Lord always
- B. Know your reason, purpose, and plan
 - 1. Make your purpose your "rudder"
 - 2. Your "rudder" keeps you steady
- C. Remember the presence of God (never leave you)
 - 1. People who are afraid run from their problems
 - 2. People of faith run to the Lord
- D. Recognize God is at work and He wants you to take His provision and instruction seriously
 - 1. Remember Lot's wife
 - 2. Had warnings of angels
 - 3. Had a way of escape
 - 4. Given specific instruction
 - 5. Heart was in city, culture
 - 6. She disobeyed
 - 7. Judgement fell
- E. Breathe in God's Grace, God's Love, God's Spirit
 - 1. Each morning
 - 2. Each night

- F. Meditate on God's promises
- G. Word of God spoken, hidden in your heart
- H. Boundaries are important
- I. Boldness in the Lord
- J. Wisdom

Results:
Rest & Digest

More Creative, More Connected, More Focused, More Free

In Messiah

