

Biblical Renewal & Stress Management

“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you’ll recover your life. I’ll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won’t lay anything heavy or ill-fitting on you. Keep company with me and you’ll learn to live freely and lightly.” (Matthew 11:28-30-The Message Bible)

Prayer— Phil 4:6-7 Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (NIV)

Scripture— Col 3:15-16 Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. ¹⁶ Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. (NIV)

Daily Renewal— 2 Cor 4:16 Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. (NIV)

Thought Life— Phil 4:8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. (NIV)

Community Life— 1 Cor 12:25-26 so that there should be no division in the body, but that its parts should have equal concern for each other. ²⁶ If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it. (NIV)

Forgiveness— Heb 12:14-15 Make every effort to live in peace with everyone and to be holy; without holiness no one will see the Lord. ¹⁵ See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many. (NIV)

Waiting— Isa 40:31 but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint. (NIV)

Soul Rest— Matt 11:28-30 “Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light.”

Healing— Mal 4:2 But for you who revere my name, the sun of righteousness will rise with healing in its rays. And you will go out and frolic like well-fed calves. (NIV)

Gratitude— 1 Thes 5:18 give thanks in all circumstances; for this is God’s will for you in Christ Jesus. (NIV)

Sleep- Psalm 127:2 In vain you rise early and stay up late, toiling for food to eat— for he grants sleep to those he loves. (NIV)

Exercise— 1 Tim 4:8 For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come. (NIV)

Joy and Humor— Neh 8:10 Nehemiah said, “Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is holy to our Lord. Do not grieve, for the joy of the Lord is your strength.” (NIV)

