



"CHOOSING RELAXATION OVER STRESS"

MATTHEW 11:28-30

DR. ROBERT JEFFRESS
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Introduction: Today we are going to talk about an attitude choice that is rarely mentioned in Church -- relaxation. Jesus told us that in this world we will have tribulation, literally "pressure." But how we respond to that stress determines whether or not we experience the abundant life that Jesus promised.

Matthew 11:28-30 ²⁸ "Come to Me, all who are weary and heavy-laden, 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 SHALL FIND REST FOR YOUR SOULS. ³⁰ For My yoke is easy, and My load is light."

John 16:33 "These things I have spoken to you, that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world."

I. **Two Types of Stress**

A. **Healthy Stress**

B. **Harmful Stress**

1. **Physical effects**
2. **Emotional effects**
3. **Spiritual effects**

James 1:2-4 ² "Consider it all joy, my brethren, when you encounter various trials, ³ knowing that the testing of your faith produces endurance. ⁴ And let endurance have its perfect result, that you may be perfect and complete, lacking in nothing."



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II. Causes of Unnecessary Stress

A. Stress Caused by Lack of Purpose

B. Stress Caused by Unrealistic Goals

C. Stress Caused by Unresolved Anger

James 1:19b "...quick to hear, slow to speak, and slow to anger."

James 1:20 "For the anger of man does not achieve the righteousness of God."

Ephesians 4:26-27 ²⁶ "BE ANGRY, AND YET DO NOT SIN; do not let the sun go down on your anger, ²⁷ and do not give the devil an opportunity."

D. Stress Caused by Comparison to Others

2 Corinthians 10:12b "...Their trouble is that they are only comparing themselves with each other, and measuring themselves against their own little ideas. What stupidity!" The Living Bible

E. Stress Caused by Materialism

Ecclesiastes 5:12b "...The abundance of a rich man permits him no sleep." Holman Bible

Luke 12:22-23 ²² "And He said to His disciples, 'For this reason I say to you, do not be anxious [stressed-out] for your life, as to what you shall eat; nor for your body, as to what you shall put on. ²³ For life is more than food, and the body than clothing.'"



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F. Stress Caused by Physical Fatigue

1 Kings 19:4 "But he himself went a day's journey into the wilderness, and came and sat down under a juniper tree; and he requested for himself that he might die, and said, 'It is enough; now, O LORD, take my life, for I am not better than my fathers.'"

III. Choosing Relaxation Over Stress

A. Gain God's Perspective on Problems (James 1:2)

James 1:2 "Consider it all joy, my brethren, when you encounter various trials."

B. Live Life in the Present Tense (Exodus 3:14)

Exodus 3:14 "And God said to Moses, 'I AM WHO I AM'; and He said, 'Thus you shall say to the sons of Israel, 'I AM has sent me to you.'"

C. Take a Day Off Every Week (Exodus 20:9-11)

Exodus 20:9-11 ⁹ "Six days you shall labor and do all your work, ¹⁰ but the seventh day is a sabbath of the LORD your God; in it you shall not do any work, you or your son or your daughter... ¹¹ For in six days the LORD made the heavens and the earth, and the sea and all that is in them, and rested on the seventh day; therefore the LORD blessed the Sabbath Day and made it holy."

Luke 4:16 "And He came to Nazareth, where He had been brought up; and as was His custom, He entered the synagogue on the Sabbath, and stood up to read."



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D. Spend Some Time Every Day Doing Something You Enjoy
(Ecclesiastes 2:24)

Ecclesiastes 2:24 "There is nothing better for a man than to eat and drink and tell himself that his labor is good. This also I have seen, that it is from the hand of God."

E. Spend Time with God Each Day (Mark 1:35)

Mark 1:35 "And in the early morning, while it was still dark, He arose and went out and departed to a lonely place, and was praying there."

Isaiah 40:29-31 ²⁹ "He gives strength to the weary, and to him who lacks might He increases power. ³⁰ Though youths grow weary and tired, and vigorous young men stumble badly, ³¹ yet those who wait for the LORD will gain new strength; they will mount up with wings like eagles, they will run and not get tired, they will walk and not become weary."

Conclusion