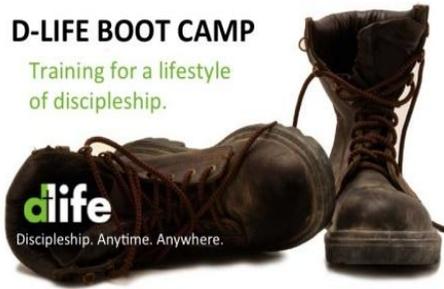


D-LIFE BOOT CAMP

Training for a lifestyle
of discipleship.



dlife

Discipleship. Anytime. Anywhere.

Keeping it Real

CHRISTIAN FELLOWSHIP

Pastor Dale L. Crawley Sr.

"Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age." Matthew 28:19-20

Rev. Dr. Deborah Crawley, Teacher

Sis. Tammi Brown, Asst. Teacher

Spiritual Formation: Stress, Anxiety & Casting Your Cares

BIG IDEA

God never intended for you to carry everything alone. Stress often reveals what we are holding without God's help.

Definitions

The dictionary defines *stress* as "physical, mental, or emotional strain or tension." Some stress is necessary and even good—such as the physical strain we put on our muscles in order to make them stronger. But when we talk about "stress," we are usually referring to excessive or negative mental or emotional strain or tension. While "stress" is not specifically mentioned in the Bible, Scripture does speak to things such as anxiety, worry, and trouble—things we often associate with stress—and gives us clear answers on how we should deal with them.

Everyone suffers from stress at one time or another. How we naturally deal with it depends in large part on who we are. For some, emotional stress causes physical illness. Others might become hyper-productive. On the other hand, some people under stress shut down mentally and emotionally. And, of course, there are a variety of other responses. Stress is a common human experience, particularly in a world where the demands for our time and attention seem to be unending. Our jobs, health, family, friends, and even ministry activities can overwhelm us. The ultimate solution to stress is to surrender our lives to God and seek His wisdom regarding priorities as well as His enabling to do the things to which He calls us. He always gives enough, so we need not be defeated by stress.



WHEN YOUR MIND WAKES UP BEFORE YOUR BODY

You wake up already thinking. Already planning. Already bracing.

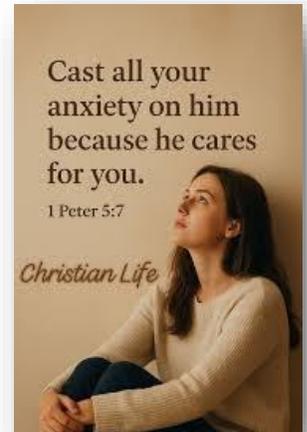
Before your feet hit the floor, your mind is scanning:

- What do I need to fix?
- What could go wrong?
- What am I forgetting?

This is often called anticipatory anxiety — the brain trying to protect you from future pain.

You are not weak. You are wound up.

When the mind never rests, the soul struggles to trust.



PERSONAL REFLECTION

What do you find yourself mentally rehearsing most often?

THE CONTROL PROBLEM

Anxiety is often not a faith problem — it is a control problem.

Control says:

- If I think about it long enough, I can prevent it.
- If I prepare enough, I can avoid disappointment.
- If I stay alert enough, I will stay safe.

Sometimes control is a trauma response disguised as responsibility.

When control becomes your protector, God becomes your consultant.

You cannot experience peace while gripping what only God can govern.

CONTROL CHECK

Where in your life are you gripping instead of trusting?



SCRIPTURE – 1 Peter 5:7

Cast all your cares on Him, because He cares for you.

Cast — not carry. Release — not rehearse. Entrust — not micromanage.

PRACTICING RELEASE

Casting your cares is not denial. It is surrender.

Daily Release Practice:

1. Name what you are carrying.
2. Ask: Is this mine to manage or God's to govern?
3. Pray: 'Lord, I release control.'
4. Physically open your hands as a reminder.

THIS WEEK'S PRACTICE

What specific burden will you practice releasing daily this week?

CLOSING PRAYER

Father, help me release what was never mine to carry. Teach me to live open-handed and trust You with what I cannot control. Amen.

