



Stressbusters # 1

Exodus 18:13-27

Pastor Bobby Garvin

KEY TAKE AWAY: CALL STRESSBUSTERS!

STRESS MEANS: “TO BE DRAWN TIGHT,” “TO CHOKE,” “TO DIVIDE THE MIND,” “TENSION.” **STRESS IS THE GAP BETWEEN DEMANDS THAT ARE PLACED UPON ME IN EVERYDAY LIFE AND THE STRENGTH I HAVE IN MEETING THOSE DEMANDS.**

Stress causes damage to relationships, physically, emotional damage, and spiritual damage.

Stress can be categorized in three areas: relational, financial, and occupational.

Three Principles

Evaluate your limits (18:13-18).

YOU’VE GOT TO LEARN THE ART OF SEPARATION. HOW TO SEPARATE PRESSURES ONLY YOU CAN HANDLE FROM PRESSURES THAT OTHER PEOPLE SHOULD AND COULD HANDLE.

Delegate the load (18:21-22).

DELEGATE TO OTHERS WHAT OTHERS CAN DO SO YOU CAN FOCUS ON THE THINGS THAT ONLY YOU CAN DO.

WHEN YOU DELEGATE YOU’VE GOT TO DO THESE THINGS: FIND THE RIGHT PEOPLE; GIVE THEM THE RIGHT JOB; TRUST THEM TO DO THE RIGHT THING; DELEGATE THE RESULT NOT THE PROCESS

COMMUNICATE WITH THE LORD (18:19).

NOW, WE COME TO THE ROOT OF MOSES’ PROBLEM. HE HAD BEEN SPENDING TOO MUCH TIME TALKING TO THE PEOPLE ABOUT GOD AND NOT ENOUGH TIME TALKING TO GOD ABOUT THE PEOPLE.