

# Properly Inflated Tires-(Where the Rubber Meets the Road)

Too much pressure makes the ride too bumpy.

Too little pressure and the steering is hard to turn

The right amount of pressure is good, the key is \_\_\_\_\_ balance \_\_\_\_\_

## What we need to learn to do with our pressure

- We want to check our air pressure regularly and adjust the pressure as needed.
- We have to deal with a flat tire
- We need to make sure we minimize the loss of tread by rotating the tires regularly.
- We need to sometimes replace the tires because they have become worn and are of no value to us.

## Checking the air pressure!

- Checking the tires regularly to make sure they are balanced-
  - Self- allowed Stress-This type of stress is when we allow the stress to get to us, in other words, we choose to allow it to bother us.
  - Self- appointed Stress-This is the type of stress that comes upon us because we don't know how to say NO.

## Self-Allowed Stress : Luke 10:38-42

- *As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. <sup>39</sup> She had a sister called Mary, who sat at the Lord's feet listening to what he said. <sup>40</sup> But Martha was distracted by all the preparations that had to be made. She came to him and asked, "Lord, don't you care that my sister has left me to do the work by myself? Tell her to help me!" <sup>41</sup> "Martha, Martha," the Lord answered, "You are worried and upset about many things, <sup>42</sup> but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her."*

How would you respond if Jesus was coming over to your house?

- **Getting out of balance and stressed out involves 3 things we can learn from this passage**

**1) We make assumptions that the Lord (or those we care about) don't care about the circumstances that are stressing us out.**

- "She came to him and asked, "Lord, don't you care?"
- **Red Flag of stress in our lives**-When we start to blame the Lord, or others, and start thinking they don't care about our situation then the pressure will build. Our teens can fall prey to this feeling because they base so much of how life is going by "feelings"

## 2) We start blaming others for our stress.

- She, (Martha), blamed Mary for being irresponsible. Martha said, “My sister has left me to do the work by myself?”
- **Red flag of stress in our lives**-When we start blaming people or circumstances for our problems then our stress level will rise

## 3) We try to work things out OUR way as the only way.

- Notice what Martha said; “Tell her to help me”
- **Red flag of stress in our lives**-Remember when we try to demand our way as the only way to solve our problems then pressure will build to make sure it’s done the way we think it should be done.

## What happens when Self-Allowed Stress builds up?

- You become distracted -
  - The word distracted in this case meant that she lost focus on what was important
- You become worried -
  - The word means to be pulled apart in every direction not knowing what to do. (torn up inside)
- You become bothered -
  - The original language meant noise, tumult, troubled and agitated.
  - Word to the wise, when a teen seems to be making a noise that shows they are troubled and agitated then more than likely they are worried about something
- **Very important point:**
- Worry and stress steal away our perspective of the situation. We often lose sight of what is important. The important got replaced by the urgent and the urgent often times is not what is most important. There are lots of urgent things that have to be done but they may not be that important. Remember, if everything is a priority then nothing is a priority.

## **Self-Appointed Stress**

### **(Learning to spread out the Work Load by rotating the tires)**

Why do we rotate the tires?

Self-Appointed stress is the type of stress that we bring on ourselves because we only have confidence in ourselves and don’t trust anyone else to really do the job right.

We don’t want to make any changes and we certainly don’t want to “share a burden”.

### **Example of Self-Appointed Stress? Moses in Exodus 18**

*“And it came to pass about the next day that Moses sat to judge the people, and the people stood about Moses from the morning until the evening. Now when Moses’ father-in-law saw all that he was doing for the people, he said, ‘what is this thing that you doing for the people? Why do you alone sit as judge and all the people stand about you from morning to evening? And Moses said to his father-in-law, ‘because the people come to me to inquire of God. When they have a dispute, it comes to me, and I judge between a man and his*

***neighbor, and make known the statutes of God and His laws.’ And Moses’ father-in-law said to him, ‘the thing that you are doing is not good. You will surely wear out, both yourself and these people who are with you, for the task is too heavy for you; you cannot do it alone.’ (vs. 13-18)***

**Questions:**

- Are you the type that has extended yourself too much?
- Are you close to burn out? What about your teens? Are they close to burn out because they are taking on too much just to impress certain groups?
- Do you refuse to pass some of the burden along?
- Listen to the counsel of Moses’ father-in-law Jethro when he said, “The thing that you are doing is not good.”
- So Moses listened to the counsel of Jethro

***“And Moses chose able men out of all Israel, and made them heads over the people, leaders of thousands, of hundreds, of fifties, and of tens. And they judged the people at all times; the difficult disputes they would bring to Moses; but every minor dispute they themselves would judge.”***

- *Can you learn to delegate some of your responsibilities?*
- *Can you learn to say no?*

## **Jesus’ Perspective on Stress and Worry** (When is it time to get new tires)

While in the garden of Gethsemane Jesus prayed this prayer even though He knew He would be arrested, beaten, and crucified in a matter of hours. Does this prayer sound like someone who is stressed out?

- *“I glorified you on the earth, having accomplished the work which you given me to do.” John 17:4*
- *Were there still things that needed to be done before He left this earth?*
- *How could He say such a prayer?*
- Jesus understood the secret of a content life without stress and worry. All of those things indeed still needed to be done by not by Jesus
- Jesus knew He was only responsible for those things He could be responsible for. He learned and lived the great truth found in Proverbs 3:5-6.

***“Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge Him, and He will make your paths straight.”***

## **Learning to overcome worry and stress!**

- **MY PART, GOD’S PART**
- Let’s first look at the key verbs that are words of action.

- Trust
- Do not lean
- Acknowledge
- Make straight

The first three verbs are our part and responsibility. We are to *trust...do not lean...acknowledge*.

The fourth verb is part of a promise that is God's part and responsibility..."*He will make your paths straight.*"

***"Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge Him, and He will make your paths straight."***

- *From this verse what word repeats itself 4 times?*
- *The passage says your responsibility in your circumstances is to "trust in the Lord with all YOUR heart...and to refuse to lean on YOUR own understanding...acknowledging Him in all YOUR ways...so that He might make YOUR paths straight."*
- *This all about the choice YOU want to make in YOUR circumstances. No one else can do it for you. You are the only one who can decide how you want to handle things that make you worry and stress.*

#### **TWO KEY OBSERVATIONS**

- ***The passage was written in Hebrew prose where the first part of the passage was linked to the last part of the passage which is supported by ONE POSITIVE and ONE NEGATIVE admonition.***
- *We are to TRUST...HE WILL MAKE STRAIGHT*

*So we are to trust in Him with all our heart without hesitation or reservation, why? So that He can step in and take control, making my way straight and meaningful.*

*What's involved in trusting with all my heart? Two particular decisions we have to make-one negative and one positive.*

- *Negatively, I am not to lean on my own understanding*
- *Positively, I am to acknowledge Him in all my ways, (which is the battleground I'm fighting causing me stress and worry)*

#### **So let's dig even deeper into what this verse is promising us.**

- ***Trust***-The Hebrew meaning for this word implies the idea of throwing oneself down and lying extended on the ground, casting all hopes for the present and the future upon another, finding shelter and security there, In other words, we are **COMMANDED** by our Lord to cast ourselves fully and absolutely at His feet. Remember, we are to do this with all of our heart as well.
- ***Heart***-The Hebrew word refers to one's "inner person"...that part of us which is the very center of our intellect, emotion, and will. In other words, we are **COMMANDED** by our Lord to cast upon God our total trust, not holding back in any area of our mind or feeling or volition. There should be no reservations whatsoever. It's the way a child trust their parent as they jump into the pool expecting them to catch them.
- ***Understanding***-the idea in the Hebrew is really stated like this, "and upon your understanding do not lean". This is referring to human understanding. The thought is this; "Don't turn first to your own limited viewpoints; don't try to work things out on your own."

- **Lean**-The Hebrew term means “to support oneself, as though leaning on assistance.” The best way to understand this is to think about resting your weight on a crutch. It’s that way but in the negative-“don’t do that. Don’t put all your weight (lean) on YOUR understanding. Stay out of the way, guard against fear and panic, scheming, and manipulating, worrying, and hurrying.
- **Acknowledge**-Here’s the positive part. Literally, it means “recognize”. In the midst of the whole scene, recognize, mentally call to mind, God’s presence and control.
- **Make Straight**-It’s the thought of making something smooth, straight, and right. It includes the idea of removing obstacles that are in the way, as when a road is being built through a mountain pass. The Hebrew word denotes intensity. In other words, when the Lord is fully relied upon to handle a given situation, He will do a thorough, complete job of smoothing our out part.

Chuck Swindoll Paraphrase

**Throw yourself completely upon the Lord-that is, cast all your present and future needs on Him who is your intimate Savior-God-finding in Him your security and safety. Do this with all your mind and feeling and will. In order to make this possible, you must refuse to support yourself upon the crutch of human ingenuity. Instead, recognize His presence and concern in each one of our circumstances. Then He (having taken full control of the situation) will thoroughly smooth out and straighten your paths, removing each obstacle along the way.**

#### **Applying This Passage (Driving on new tires)**

**This is a personal promise for any anxiety-prone person to claim right now. God has preserved this statement just for you. Claim this promise!**

**God will do His part, but first we must do our part. He will keep His promise if we obey His commands. Keep in mind that our response to His commands precedes His part in the transaction.**

**God wants our total trust. Yes total. Nothing held back. No games. No empty, pious-sounding words. No, He commands our absolute confidence.**

**There is no area which He is unable to handle. Did you not the twice-repeated “all”? God is a specialist in every circumstance. That includes yours. Today.**

**Since this promise is to be personally applied, how about filling in the blank with your current stress right now? Instead of reading the following like it’s stated in the Bible try....**

**“In all your ways recognize Him, and He will smooth out your path, removing all obstacles.”**

**You fill out the following:**

**In \_\_\_\_\_ recognize Him.**

**At this moment take the very thing that is giving you so much stress and worry and write it down and give it to Him. Refuse to brood over it any longer. Cast aside doubt and fear and leave it all with Him. Then stand back and watch Him work.**