

Pressurized Truth #3: Those overwhelmed by the pressures of life blame others for being **irresponsible**.

Pressurized Truth #4: Those overwhelmed by the pressures of life believe the solution lies in others being as **pressured** as they are.

Jesus clearly tells Martha that the pressure she is under is the direct result of her misguided...

...**attention**.
...**priorities**.
...**choices**.

Relieving Pressure

Pressure can result from a variety of factors, but the most common cause is simply a lack of **planning**.

The Bible is clear about the importance of planning in the outcome of life...

Proverbs 21:5 “Careful planning puts you ahead in the long run; hurry and scurry puts you further behind.”

The further behind we fall the more pressure we **invite** into our lives.

When we **mis**manage our time, we complicate or pressurize our lives. Mismanaged time...

...flows toward our **weaknesses**.
...can be influenced by **dominant** people in our lives.
...is surrendered to seeming **emergencies**.
...results in **procrastination**.

To relieve the pressure in our lives we must plan, to plan we must manage our time and to manage our time we must...

...accept our **limitations**.

Mark 6:30-32 The apostles gathered around Jesus and told him about all the things they had done and taught. ³¹ Crowds of people were coming and going so that Jesus and his followers did not even have time to eat. He said to them, “Come away by yourselves, and we will go to a lonely place to get some rest.”³² So they went in a boat by themselves to a lonely place.

...maximize our **effectiveness**.

Ecclesiastes 3:1 “There's an opportune time to do things, a right time for everything on the earth.”

...discipline our **thinking**.

Ecclesiastes 10:2 “Wise thinking leads to right living; Stupid thinking leads to wrong living.”

...budget our **time**.

And remember the ultimate depressurizing truth...

Proverbs 16:9 “We plan the way we want to live, but only GOD makes us able to live it.”

Turning Point...

When we make trusting and listening to God our priority rather than ourselves, we can rely on the **promise** that God will protect us from being overwhelmed by the pressures of life.

Psalm 32:2-10 “Count yourself lucky—GOD holds nothing against you. And you're holding nothing back from him. When I kept it all inside, my bones turned to powder, my words became daylong groans. The pressure never let up; all the juices of my life dried up. Then I let it all out; I said, “I'll make a clean breast of my failures to GOD.” Suddenly the pressure was gone—my guilt dissolved, my sin disappeared. These things add up. Every one of us needs to pray; when all hell breaks loose and the dam bursts we'll be on high ground, untouched. GOD's my island hideaway, keeps danger far from the shore, throws garlands of hosannas around my neck.

Re-Energize

Your Life!

Part 2: Relieve Your Pressure

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Even though more and more demands are placed on our time, very few seem concerned about **overload**. Sometimes simply saying **no** to the things that drain us and allowing ourselves to slow down to **refuel** serves as a simple solution.

The truth is, the things that overload us can keep us continually **overwhelmed**.

Increasingly we find ourselves overwhelmed by the **pressure** of life.

Realistic Pressure

There are many stories in the Bible about people under pressure and how they dealt with it. One of the best is about Martha, Mary and the day Jesus came to visit...

Luke 10:38-42 *As Jesus and the disciples continued on their way to Jerusalem, they came to a certain village where a woman named Martha welcomed him into her home. ³⁹ Her sister, Mary, sat at the Lord's feet, listening to what he taught. ⁴⁰ But Martha was distracted by the big dinner she was preparing. She came to Jesus and said, "Lord, doesn't it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me." ⁴¹ But the Lord said to her, "My dear Martha, you are worried and upset over all these details! ⁴² There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her."*

Pressurized Truth #1: Those overwhelmed by the pressures of life convince themselves that they have no **choice**.

Pressurized Truth #2: Those overwhelmed by the pressures of life assume God doesn't **care**.