



“Why Are You So Uptight?” Wed Jan 25, 2023

I. *I Peter 5:6-7*

A. Care

1. On Simple Definition: **Distraction**
2. (Hinging off of Josh’s message) **Anything that hinders you from the Presence of God (The place of rest).**

B. Stressed and don’t even realize it

1. **Mark 4:18-19**
2. 8 out of 10 Americans say they deal with stress, but how many of us have allowed it to become a part of our every day lives?
3. Martha was “careful” (stressed) and didn’t even realize it.

- **The first step is to recognize that you are uptight (Recognize it and admit it/ Confess your faults...)**

- **The second step is to choose....choose to give it to God instead of carrying it yourself!**

II. Easier than you think...

A. **Keep your emotions in line**

1. Ask yourself: What good is it really doing when I get upset or let things bother me?
2. Remember what God said to Cain in the garden? (**Genesis 4:6-7**).

B. **Make a Quality Decision**

1. **Quality – one that matters!**
2. Satan will certainly try to test your decision...but remember, you choose how you act or react to something or someone.

C. **Just Rest....**

1. **II Chronicles 32:7-8**
2. **Rested Themselves – Leaned upon, To Prop**
3. Casting your CARES....Don’t be uptight about life, don’t let distractions move you from God’s powerful Presence; stress only causes problems and pain. Just rest on God’s Word, knowing that everything is going to work out just right!