

# Responding to the Pressures of Life

## *Raising Your Emotional IQ*

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Part 2 of 8

### TO LIVE IS TO HAVE PRESSURE, STRESS, or TRIBULATION

“Listen to my prayer, O God. Do not ignore my cry for help! I am overwhelmed by my troubles. My heart pounds in my chest. Fear and trembling overwhelm me, and I can't stop shaking. Oh, that I had wings like a dove; then I would fly away and rest! I would fly far away to the quiet of the wilderness. How quickly I would escape--far from this wild storm.”

(Psalm 55:1-8)

### What Are your Coping Strategies?

- Do you tense up?
- Do you reach for something to eat?
- Do you get impatient?
- Do you get angry?
- Are you reduced to tears?
- Do you give up?
- Do you let negative thoughts take over?
- Do you need a smoke, alcohol or another drug?
- Do you rely on a single coping technique?

But in the long run, you may need new ways to handle stress, too. If you find yourself using one technique all the time — or you see yourself engaging in unhealthy behaviors — it's time to open yourself up to other stress-reduction strategies.

“The seed that fell among the thorns represents those who hear God's word, but all too quickly the message is crowded out by the cares and pressures of this life... so they become unfruitful.

(Matthew 13:22)

“The seed cast in the weeds is the person who hears the kingdom news, but weeds of worry and [stress] strangle what was heard, and nothing comes of it.”

(Matthew 13:22; Message)

## “UNFRUITFUL IMPACT OF THE PRESSURES OF LIFE”

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“When I [faced] it, my stomach did flips. I stammered and stuttered. My bones turned to water. I staggered and stumbled. I sit back and wait for *doom*. Though [I lose *everything*], I'm singing joyful praise to GOD. I'm turning cartwheels of joy to my Savior God. Counting on GOD's Rule to prevail, I take heart and gain strength. I run like a deer. I feel like I'm king of the mountain!”

**Habakkuk 3:16-19)**

“Give your burdens to the LORD, and he will take care of you. He will not permit the godly to slip and fall.”

(Psalm 55:22)

### CULTIVATING GODLY EQUILIBRIUM:

- Decide to recognize, promote and sustain *godly* optimism and hope.
- Focus on your calling—God's goal for your destiny.
- Connect with your ministry—those to whom you are called to serve (YOUR PEOPLE).
- Find your peace and your gratitude in your personal relationship with Jesus.
- Do not allow yourself to be isolated by circumstances or by your emotions.
- Discover what brings you joy and nurture humor and laughter in your life.
- Learn to say “no.”