

S E R M O N O U T L I N E

STRESS

Relief

B R I G H T O N C O M M U N I T Y C H U R C H



STRESS RELIEF
3. NEW PURPOSE

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¹ As for you, you were dead in your transgressions and sins, ² in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. ³ All of us also lived among them at one time, gratifying the cravings of our flesh and following its desires and thoughts. Like the rest, we were by nature deserving of wrath.

⁴ But because of his great love for us, God, who is rich in mercy, ⁵ made us alive with Christ even when we were dead in transgressions – it is by grace you have been saved. ⁶ And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, ⁷ in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus. ⁸ For it is by grace you have been saved, through faith – and this is not from yourselves, it is the gift of God – ⁹ not by works, so that no one can boast.

¹⁰ For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

EPHESIANS 2

#1.
REMEMBER YOUR PAST

¹ As for you, you were dead in your transgressions and sins, ² in which you used to live when you followed the ways of this world and of the ruler of the kingdom of the air, the spirit who is now at work in those who are disobedient. ³ All of us also lived among them at one time, gratifying the cravings of our flesh and following its desires and thoughts. Like the rest, we were by nature deserving of wrath.

EPHESIANS 2

¹⁸The wrath of God is being revealed from heaven against all the godlessness and wickedness of people, who suppress the truth by their wickedness, ¹⁹since what may be known about God is plain to them, because God has made it plain to them. ²⁰For since the creation of the world God's invisible qualities – his eternal power and divine nature – have been clearly seen, being understood from what has been made, so that people are without excuse.

²¹For although they knew God, they neither glorified him as God nor gave thanks to him, but their thinking became futile and their foolish hearts were darkened. ²²Although they claimed to be wise, they became fools ²³and exchanged the glory of the immortal God for images made to look like a mortal human being and birds and animals and reptiles.

ROMANS 1

#2. RECOGNISE YOUR POSITION

⁴But because of his great love for us, God, who is rich in mercy, ⁵made us alive with Christ even when we were dead in transgressions – it is by grace you have been saved.

⁶And God raised us up with Christ and seated us with him in the heavenly realms in Christ Jesus, ⁷in order that in the coming ages he might show the incomparable riches of his grace, expressed in his kindness to us in Christ Jesus.

⁸For it is by grace you have been saved, through faith – and this is not from yourselves, it is the gift of God – ⁹not by works, so that no one can boast.

EPHESIANS 2

¹⁴ For Christ's love compels us, because we are convinced that one died for all, and therefore all died. ¹⁵ And he died for all, that those who live should no longer live for themselves but for him who died for them and was raised again.

2 CORINTHIANS 5

#3. RETURN TO GOD'S PLAN

³ All of us also lived among them at one time, gratifying the cravings of our flesh and following its desires and thoughts. Like the rest, we were by nature deserving of wrath.

EPHESIANS 2

¹⁰ For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

EPHESIANS 2

¹ Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, ² fixing our eyes on Jesus, the pioneer and perfecter of faith.

HEBREWS 12

¹³ Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: forgetting what is behind and straining towards what is ahead, ¹⁴ I press on towards the goal to win the prize for which God has called me heavenwards in Christ Jesus.

PHILIPPIANS 3

⁷ I have fought the good fight, I have finished the race, I have kept the faith. ⁸ Now there is in store for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day – and not only to me, but also to all who have longed for his appearing.

2 TIMOTHY 4

DISCUSSION QUESTIONS

- 1. Evaluate the goals, pursuits and obsessions in your life. In what ways have you been living for your own desires rather than for God? Why is this manner of living problematic for us?**
- 2. What did we justly deserve for our disobedience and what has God given to us instead? How does this truth set you free from the stress of securing good things in this life?**
- 3. How can you practically live to run the race that God has marked out for you and to fulfil His plans for your life?**