

Types of stressed individuals in the workplace from www.health.com

- The Overworked Underling
- The Frustrated Go-getter
- The Castaway
- The Doormat
- The Wronged Victim
- The Tech Prisoner

Work, Stress and Jesus's Rest John 8:12-14

John 8:12-14 (HCSB)

Then Jesus spoke to them again: "I am the light of the world. Anyone who follows Me will never walk in the darkness but will have the light of life." So the Pharisees said to Him, "You are testifying about Yourself. Your testimony is not valid." "Even if I testify about Myself," Jesus replied, "My testimony is valid, because I know where I came from and where I'm going.

Things Jesus Knew:

I. Who He was.

Verse 12 – HCSB

"Then Jesus spoke to them again: 'I am the light of the world.'"

II. Why He was here.

John 4:34 (HCSB)

"My food is to do the will of Him who sent Me and to finish His work"

Matthew 6:33 (HCSB)

But seek first the kingdom of God and His righteousness, and all these things will be provided for you.

III. What He was to accomplish.

Verse 14 - "My testimony is valid, because I know where I came from and where I'm going."

IV. How to maintain focus.

Luke 4:42-44 – (NIVUS)

At daybreak Jesus went out to a solitary place. The people were looking for him and when they came to where he was, they tried to keep him from leaving them. But he said, "I must preach the good news of the kingdom of God to the other towns also, because that is why I was sent." And he kept on preaching in the synagogues of Judea.

V. When to delegate.

Mark 3:13,14 (NIV)

Jesus went up on a mountainside and called to him those he wanted. He appointed twelve— designating them apostles—that they might be with him and that he might send them out to preach and to have authority to drive out demons.

VI. What to do first.

Mark 1:35 (HCSB)

Very early in the morning, while it was still dark, He got up, went out, and made His way to a deserted place. And He was praying there.

VII. When to take time to rest.

Mark 6:31,32 (HCSB)

He said to them, "Come away by yourselves to a remote place and rest a while." For many people were coming and going, and they did not even have time to eat. So they went away in the boat by themselves to a remote place,

VIII. To tell us what to do when under pressure.

Matthew 11:28-30 (HSCB)

"Come to Me, all of you who are weary and burdened, and I will give you rest. All of you, take up My yoke and learn from Me, because I am gentle and humble in heart, and you will find rest for yourselves. For My yoke is easy and My burden is light."

1 Peter 5:6-7 (NIV)

Humble yourselves, therefore, under God's mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.