

September 30, 2018
Sunday @ Riverbend

Stressed Out Week 4
The Stress Of Image Management
Matthew 23:25-28, Acts 22:16

Living stressed out is not just a physical condition, it's a soul condition. And the condition of your soul impacts all of your life.

What is your soul?

"Your soul is what integrates your will, your mind, and your body into a single life."

-Dallas Willard

36And what do you benefit if you gain the whole world but lose your own soul? 37Is anything worth more than your soul? Mark 8:36-37

What Jesus implies about the soul:

If you lose your soul, you've lost everything.

It is the most valuable part of you.

28Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest...for your souls." Matthew 11:28-29

One of the greatest stresses in life is:

A conflicted soul = when there's a gap between who you are and who you appear to be.

****Any time there's a gap between who you are and who you appear to be you become an image manager.***

25"What sorrow awaits you teachers of religious law and you Pharisees. Hypocrites! For you are so careful to clean the outside of the cup and the dish, but inside you are filthy—full of greed and self-indulgence! 26You blind Pharisee! First wash the inside of the cup and the dish, and then the outside will become clean, too. Matthew 23:25-26

Why image managers can be so stressed out:

Devoted to looking authentic.

Driven by greed.

Distraught by the guilt of who they really are.

The causes of a conflicted soul:

Insecurity.

Brokenness.

Secret Sin.

The cure for a conflicted soul:

Come to Jesus.

16What are you waiting for? Get up and be baptized. Have your sins washed away by calling on the name of the Lord.' Acts 22:16