

# Messages of hope

## “How do I cope with stress?”

**This is one of the most common questions people ask. You may even be asking it.**

How to cope with the pressures, expectations, and brokenness that happens in our lives can be difficult.

Google is often a place where people search for answers, including “how to cope with stress?” When they do so, your Messages of Hope is one of the top responses. You might like to search on Google now?

Thankfully Jesus addresses our needs and says,

**“Come to me, all you who are weary and burdened, and I will give you rest.”**

(Matt 11:28).

Jesus cares for us and is here to listen and help us. He may not remove

the cause of stress but having Jesus with us in it and carrying us, he gives us peace and rest.

There is more that can be shared about how to cope with stress, particularly addressing specific issues. That’s why your support is vital to produce Messages of Hope to point people to the good news of Jesus Christ and how to cope with stress. You can learn more about how to cope with stress by going to [www.messagesofhope.org.au/stress](http://www.messagesofhope.org.au/stress).

**Thank you for supporting Messages of Hope so that it reaches out over the radio and the internet, including social media, and offering people hope to cope with stress.**



*Come to me, all you  
who are weary and burdened,  
and I will give you rest.*

**Matt 11:28**

### **In this issue:**

- Read more stories of people searching for how to cope with stress
- Messages of Hope Greeting cards
- Short Movie Competition for 2019



I'm constantly stressing about stuff. How can I reduce my stress levels I have tried everything and now I'm here. What can I do?

## When it comes to Stress, what's your single biggest challenge or concern?

When people search for

### “How do I cope with stress?”

your Messages of Hope is one of the top responses. When people click on Messages of Hope, we ask them the question above.

### Here are some of their responses;



My concern is not being meanly happy or well, my challenge is to fix everything and I want to be able to deal with stress better and not let it get to me.

When I'm stressed or anxious I freak out, I tend to block out others, get super angry (screaming, cursing, etc.), I get way too worked up, the situation seems way bigger and exaggerated, and at least 1 person gets hurt/upset mentally. Pretty much I become a huge monster and a b\*\*\*h!



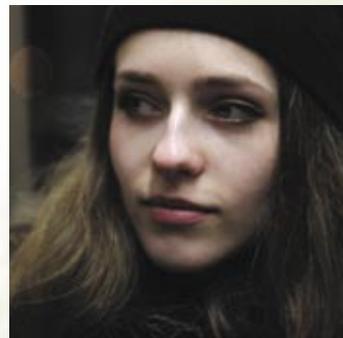
How to get on top of work and stay stress free. Also how to have a good night's sleep.



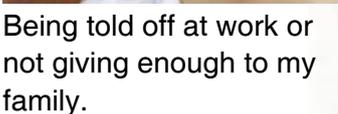
Letting go of issues and being able to walk away from a squabble and then it turns into full blown argument and I don't like myself right now.



Being told off at work or not giving enough to my family.



Not disappointing my parents. My parents expect a lot from me like fitting in an hour of music practice each night. Getting good grades. And some other things that I find hard to complete.



## Let's share Jesus' message of hope together.

**We responded to each and every one of these responses and offered the hope that Jesus offers us all.**

*Please keep them in your prayers!*

Thanks to your support we are now producing more podcasts, videos and resources for people struggling with stress. More will be made available throughout the year. You can find out more by going to [www.messagesofhope.org.au/stress](http://www.messagesofhope.org.au/stress).

**Share encouraging posts to help people on your social networks by following Messages of Hope on Facebook, Twitter and Instagram.**

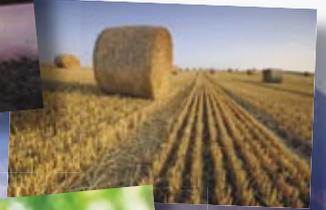
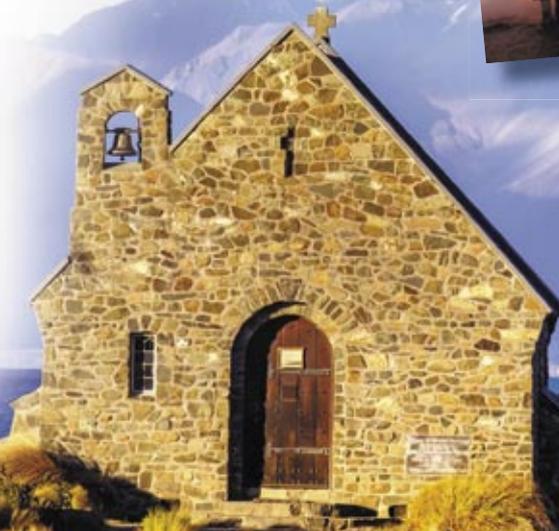
Messages of hope

## greeting cards

have inspirational images and hope-filled bible verses inside. There are 10 cards separated into 2 packs of 5 and each pack sells for \$5.

Proceeds support your Messages of Hope outreach.

**If you would like some greeting cards, go to [www.lutheranmedia.org.au](http://www.lutheranmedia.org.au) or call us on 1800 353 350.**



Do you like making movies? ...or know someone who does?

The Lutheran Media

## Short Movie Competition

is happening again!

**There are 2 categories:**  
School and General.

**The best 3 movies in each category will receive \$300 for 1st, \$150 for 2nd and \$50 for 3rd.**

Every valid entry will receive a gift pack.

**Go to [www.lutheranmedia.org.au/competition](http://www.lutheranmedia.org.au/competition) for more information and to see the videos from last year.**

**Entries close 10 September 2019. Start planning your videos today!**



*Thank you for bringing love to life through this special Lutheran ministry. Please keep praying God will use the messages you put on the airwaves to bring hope.*

**Watch videos, read stories and see how you are reaching out through Lutheran Media at:**



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Messages of hope

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