

# From Stress to Solutions – Jesus the Problem Solver

Welcome to First Christian Church!  
In the Room...  
Online...

From Stress to Solutions – Jesus the  
Problem solver

Have you ever felt...  
Stressed, stuck, searching for a solution?

Some of my worst moments...  
Broken ankle...  
Depression and suicide...  
Debt...  
Loneliness...  
Loss/Funeral...

What do we do in moments like this...?

We look for answers...

GOOGLE LOGO

We Google it.

-self-help books.

-podcasts.

-ask friends.

You may get some good information... but it really is not the answer.

## **Problems are Everywhere**

The truth is, we live in a world full of problems. Just turn on the news.

- **Anxiety and depression** all-time high.  
Study (American Psych Association)

- 1/3 adults struggle with anxiety disorders.
- Young adults higher stress than any generation before them.
- **Financial stress** is breaking people. Over 60% of Americans are living paycheck to paycheck. (Source: CNBC)
- **Loneliness** is an epidemic. The U.S. Surgeon General recently called it a "public health crisis," saying that prolonged loneliness has the same health impact as smoking 15 cigarettes a day.
- **Marriages** are breaking down. The divorce rate hovers around 50%, and people are questioning whether relationships are even worth it anymore.

Problems are everywhere.

If only there was a place where we could go to find answers to our problems.

Paul, the Apostle and writer of around half of the New Testament, tells us where to go when we need solutions.

Philippians 4:19 "And my God will meet all your needs according to the riches of his glory in Christ Jesus."

All your needs...

According (kat-ah') CAUSE BECAUSE

The riches of God's glory... found where?

Jesus Christ is a problem solver.

Jesus gives more than...

Advice...

Feel good stories...

Religious structure...

Jesus brings real, tangible change into people's lives.

Let's look in our Bible and see Jesus solving problems.

I have 5 examples...

## 1. Healer – Mark 5

There was a woman with an issue of blood. Sick for 12 years... Seen doc after doc.

But she heard about Jesus and she reached out in faith.

She touches the hem of his robe... instantly healed.

Do we still believe that Jesus heals?

Do you have a story of Jesus healing you?  
Jesus once healed my broken ankle.

Jesus heals physically, emotionally, & spiritually.

1. Healer – Mark 5

2. Rescuer – Mark 4

The disciples are caught in a violent storm while crossing the sea. They are scared!

Jesus is on the boat but asleep... The disciples panicked and cried out to Jesus, "Teacher, don't you care if we drown?" (Mark 4:38).

But Jesus? He was not scared! He stood up, rebuked the wind and the sea calmed, and peace returned.

Jesus rescued them.

Do we still believe Jesus is a rescuer?

Has Jesus ever rescued you?

When I was young I experienced depression

and suicidal thoughts... but I called on Jesus and he rescued me.

1. Healer – Mark 5

2. Rescuer – Mark 4

3. Wisdom – Mark 12

The Pharisees tried to trick Jesus on the subject of taxes. They asked, “Is it right to pay taxes to Caesar.

Jesus’ answer was wise and blew them all away.

“Give back to Caesar what is Caesar’s and to God what is God’s.” And they were amazed at him. (Mark 12:17)

It would be wise for us to consider what is God’s and if we are giving Him what He deserves.

1. Healer – Mark 5

2. Rescuer – Mark 4

3. Wisdom – Mark 12

Does Jesus still give wisdom? Do we believe that? Do you have a story of Jesus solving your wisdom problem?

I remember when my family was hopelessly in credit card debt, but we prayed and God gave us a wise strategy and we are debt free today.

1. Healer – Mark 5

2. Rescuer – Mark 4

3. Wisdom – Mark 12

4. Friend – Luke 19

Jesus entered the city of Jericho and a crowd formed. A short man named Zacchaeus wanted to see Jesus and climbed into a tree to get a good look.

Zacchaeus was an outcast in the city because he was a tax collector, but Jesus walked up and called him by name.

That day Jesus went and hung out with the town outcast.

Does Jesus still embrace the outcast?

Does anyone have a story where Jesus called your name?

1. Healer – Mark 5

2. Rescuer – Mark 4

3. Wisdom – Mark 12

4. Friend – Luke 19

5. Promise Keeper – John 11

You may be stressed about one of the biggest problems – death.

Jesus makes big promises.

Jesus keeps his promises.

Many times Jesus promises to die and rise again from the grave. Did he keep the promise? (CELEBRATE EASTER April 20)

Not only did Jesus promise to rise from the grave... he promises to raise EVERYONE WHO BELIEVES IN HIM!

Check out this promise he makes at the funeral of Lazarus...

"I am the resurrection and the life. The one who believes in me will live, even though they die" (John 11:25)

Is Jesus a promise keeper?

1. Healer – Mark 5
2. Rescuer – Mark 4
3. Wisdom – Mark 12
4. Friend – Luke 19
5. Promise Keeper – John 11

Death hurts. Last summer I had a painful funeral for our foster daughter Aria. I miss her terribly.

But I am so thankful that Jesus solved the problem of death. Aria gave her life to Jesus and one day I will see her again.

## Musicians

Problems are everywhere. True.

Jesus solves every kind of problem. Also true.

Jesus gives more than...

Advice...

Feel good stories...

Religious structure...

Jesus brings real, tangible change into people's lives.

Real change... solutions... answers...

forgiveness... hope... healing

Available NOW.

What should you do with this message?

#1 What's your problem?

-Invite Jesus into your situation.

-Receive prayer

#2 Who are you telling about the problem solver?

-Don't be ashamed or embarrassed. Tell your story.

-Pray with others.

#3 Instead of worry - Worship & Pray

Benediction

Philippians 4:19 "And my God will meet all your needs according to the riches of his glory in Christ Jesus."