

**STRESS RELIEVING TEACHINGS
OF JESUS
FROM THE BOOKS OF MATTHEW,
MARK AND LUKE**

Scripture quotes are from the
Revised New World Translation

FROM AN ARTICLE IN
THE WATCHTOWER
15 DECEMBER 2001

**CONSIDERATION OF TEACHINGS
ON A DAILY BASIS
EACH MONTH**

Day 1 - (Matthew 5:3-9)

³“Happy are those conscious of their spiritual need, since the Kingdom of the heavens belongs to them.

⁴“Happy are those who mourn, since they will be comforted.

⁵“Happy are the mild tempered, since they will inherit the earth.

⁶“Happy are those hungering and thirsting for righteousness, since they will be filled.

⁷“Happy are the merciful, since they will be shown mercy.

⁸“Happy are the pure in heart, since they will see God.

⁹“Happy are the peacemakers, since they will be called sons of God.

What does this tell me about my general attitude?

How may I work toward greater happiness?

How can I give more attention to my spiritual needs?

Tips for deriving maximum benefit from stress-buster teachings.

There is a difference between agreeing with them and actively embracing them. What do you conclude about attitude in the scripture above? What is going to help?

How can you be affected for the better if you let these teachings occupy more of your thoughts?

Day 2 - (Matthew 5:25, 26)

“Be quick to settle matters with your legal opponent, while you are with him on the way there, so that somehow the opponent may not turn you over to the judge, and the judge to the court attendant, and you get thrown into prison. I say to you for a fact, you will certainly not come out of there until you have paid over your last small coin.

What is better than copying the contentious spirit that many have?

(Luke 12:58-59)

For example, when you are going with your legal opponent to a ruler, while on the way, get to work to settle the dispute with him so that he may not summon you before the judge, and the judge deliver you to the court officer, and the court officer throw you into prison. I tell you, you will certainly not get out of there until you pay over your last small coin.”

Day 3 - (Mt 5:27-30) "You heard that it was said: 'You must not commit adultery.' But I say to you that everyone who keeps on looking at a woman so as to have a passion for her has already committed adultery with her in his heart. If, now, your right eye is making you stumble, tear it out and throw it away from you. For it is better for you to lose one of your members than for your whole body to be pitched into Gehen'na. Also, if your right hand is making you stumble, cut it off and throw it away from you. For it is better for you to lose one of your members than for your whole body to land in Gehen'na.

What do Jesus' words underscore as to romantic fantasizing?

How will my avoiding such contribute to my happiness and peace of mind?

Tips for getting maximum benefit from stress-buster teachings.

First read what Jesus had to say in the verses cited.

Then think about his words.

Ponder how you can apply them in your life.

If you feel that you are already doing so, ponder to see what more you can do to live by that divine teaching.

Work with it during the day.

Day 4

(Matthew 5:38-42)

“You heard that it was said: ‘Eye for eye and tooth for tooth.’ However, I say to you: Do not resist the one who is wicked, but whoever slaps you on your right cheek, turn the other also to him. And if a person wants to take you to court and get possession of your inner garment, let him also have your outer garment; and if someone in authority compels you into service for a mile, go with him two miles. Give to the one asking you, and do not turn away from one who wants to borrow from you.

Why should I strive to avoid the emphasis modern society puts on being too assertive?

Tips for obtaining maximum benefit from stress-buster teachings.

First read what Jesus had to say in the verses cited.

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Ponder how you can apply them in your life.

If you feel that you are already doing so, ponder to see what more you can do to live by that divine teaching.

Work with it during the day.

Day 5

(Matthew 5:43-48) “You heard that it was said: ‘You must love your neighbor and hate your enemy.’ However, I say to you: Continue to love your enemies and to pray for those who persecute you, so that you may prove yourselves sons of your Father who is in the heavens, since he makes his sun rise on both the wicked and the good and makes it rain on both the righteous and the unrighteous. For if you love those loving you, what reward do you have? Are not also the tax collectors doing the same thing? And if you greet your brothers only, what extraordinary thing are you doing? Are not also the people of the nations doing the same thing? You must accordingly be perfect, as your heavenly Father is perfect.

How will I benefit from being better acquainted with associates whom I might have considered to be enemies?

What will this probably do to reduce or eliminate tension?

Day 6

(Matthew 6:14-15) "For if you forgive men their trespasses, your heavenly Father will also forgive you; whereas if you do not forgive men their trespasses, neither will your Father forgive your trespasses."

If I sometimes tend to be unforgiving, might envy or resentment be the basic cause?

How can I change that?

Tips for getting maximum benefit from stress-buster teachings.

There is a difference between agreeing with them and actively embracing them.

What do you conclude about attitude in the scripture above?

Is there some concern in your life you need to attach less importance to in favour of spiritual issues?

Work with this teaching during the day.

If you need to, spend another day on it. But you don't have to master it before you move on. You can consider another teaching tomorrow.

At the end of the week, review how successful you have been in adopting four or five of Jesus' teachings.

The second week add more, day by day.

Day 7

(Matthew 6:16-18) “When you fast, stop becoming sad-faced like the hypocrites, for they disfigure their faces so they may appear to men to be fasting. Truly I say to you, they have their reward in full. But you, when fasting, put oil on your head and wash your face, so that you may not appear to be fasting to men but only to your Father who is in secret. Then your Father who looks on in secret will repay you.

Am I inclined to be more concerned with appearances than with who I am on the inside?

Of what should I be more aware?

Tips for extracting maximum benefit from stress-buster teachings.

First read what Jesus had to say in the verses cited.

Then think about his words.

Ponder how you can apply them in your life.

If you feel that you are already applying them in your life, ponder to see what more you can do to live by that divine teaching.

Work with it during the day.

Day 8 - (Matthew 6:19-32) “Stop storing up for yourselves treasures on the earth, where moth and rust consume and where thieves break in and steal. Rather, store up for yourselves treasures in heaven, where neither moth nor rust consumes, and where thieves do not break in and steal. For where your treasure is, there your heart will be also.

“The lamp of the body is the eye. If, then, your eye is focused, your whole body will be bright. But if your eye is envious, your whole body will be dark. If the light that is in you is really darkness, how great that darkness is!

“No one can slave for two masters; for either he will hate the one and love the other, or he will stick to the one and despise the other. You cannot slave for God and for Riches.

“On this account I say to you: Stop being anxious about your lives as to what you will eat or what you will drink, or about your bodies as to what you will wear. Does not life mean more than food and the body than clothing? Observe intently the birds of heaven; they do not sow seed or reap or gather into store houses, yet your heavenly Father feeds them. Are you not worth more than they are? Who of you by being anxious can add one cubit to his life span? Also, why are you anxious about clothing? Take a lesson from the lilies of the field, how they grow; they do not toil, nor do they spin; but I tell you that not even Sol’omon in all his glory was arrayed as one of these. Now if this is how God clothes the vegetation of the field that is here today and tomorrow is thrown into the oven, will he not much rather clothe you, you with little faith? So never be anxious and say, ‘What are we to eat?’ or, ‘What are we to drink?’ or, ‘What are we to wear?’ For all these are the things the nations are eagerly pursuing. Your heavenly Father knows that you need all these things.

What could be the effect if I become overly concerned with money and possessions?

Thinking about what will help me to keep balanced in this regard?

Day 9

(Matthew 7:1-5) “Stop judging that you may not be judged; for with the judgment you are judging, you will be judged, and with the measure that you are measuring out, they will measure out to you. Why, then, do you look at the straw in your brother’s eye but do not notice the rafter in your own eye? Or how can you say to your brother, ‘Allow me to remove the straw from your eye,’ when look! a rafter is in your own eye? Hypocrite! First remove the rafter from your own eye, and then you will see clearly how to remove the straw from your brother’s eye.

How do I feel when I am around people who are judgmental and critical, always finding fault?

Why is it important for me to avoid being like that?

Day 10 - (Matthew 7:7-11) "Keep on asking, and it will be given you; keep on seeking, and you will find; keep on knocking, and it will be opened to you; for everyone asking receives, and everyone seeking finds, and to everyone knocking, it will be opened. Indeed, which one of you, if his son asks for bread, will hand him a stone? Or if he asks for a fish, he will not hand him a serpent, will he? Therefore, if you, although good gifts to your children, how much more so will your Father who is in the heavens give good things to those asking him!

If persistence is good when I make requests to God, how about in other facets of life?

(Luke 11:5-13) Then he said to them: "Suppose one of you has a friend and you go to him at midnight and say to him, 'Friend, lend me three loaves, because one of my friends has just come to me on a journey and I have nothing to offer him.' But that one replies from inside: 'Stop bothering me. The door is already locked, and my young children are with me in bed. I cannot get up and give you anything.' I tell you, even if he will not get up and give him anything because of being his friend, certainly because of his bold persistence he will get up and give him whatever he needs. So I say to you, keep on asking, and it will be given you; keep on seeking, and you will find; keep on knocking, and it will be opened to you. For everyone asking receives, and everyone seeking finds, and to everyone knocking, it will be opened. Indeed, which father among you, if his son asks for a fish, will hand him a serpent instead of a fish? Or if he also asks for an egg, will hand him a scorpion? Therefore, if you, although being wicked, know how to give good gifts to your children, how much more so will the Father in heaven give holy spirit to those asking him!"

Day 11

(Matthew 7:12)

“All things, therefore, that you want men to do to you, you also must do to them. This, in fact, is what the Law and the Prophets mean.

Though I know the Golden Rule, how often do I apply this counsel in dealing with others?

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Is there some concern in your life you need to attach less importance to in favour of spiritual issues?

First read what Jesus had to say in the verses cited.

Then think about his words. Ponder how you can apply them in your life.

If you feel that you are already doing so, ponder to see what more you can do to live by that divine teaching.

Work with this teaching during the day.

At the end of the week, review how successful you have been in adopting four or five of Jesus' teachings.

If you find you have slipped, don't get discouraged. It happens to every Christian. Follow through on the third week and the fourth.

When you have covered all the month's points, you will have a method for continuing your progress in handling stress better month by month.

Day 12

(Matthew 7:24-27) “Therefore, everyone who hears these sayings of mine and does them will be like a discreet man who built his house on the rock. And the rain poured down and the floods came and the winds blew and lashed against that house, but it did not cave in, for it had been founded on the rock. Furthermore, everyone hearing these sayings of mine and not doing them will be like a foolish man who built his house on the sand. And the rain poured down and the floods came and the winds blew and struck against that house, and it caved in, and its collapse was great.”

Since I am responsible for directing my own life, how can I be better prepared for storms of difficulty and floods of trouble? Why should I be thinking about this now?

(Luke 6:46-49) “Why, then, do you call me ‘Lord! Lord!’ but do not do the things I say? Everyone who comes to me and hears my words and does them, I will show you whom he is like: He is like a man who in building a house dug and went down deep and laid a foundation on the rock. Consequently, when a flood came, the river dashed against that house but was not strong enough to shake it, for it was well-built. On the other hand, whoever hears and does nothing is like a man who built a house on the ground without a foundation. The river dashed against it, and immediately it collapsed, and the ruin of that house was great.”

Day 13

(Matthew 8:2-3) And look! a leper came up and did obeisance to him, saying: "Lord, if you just want to, you can make me clean." So stretching out his hand, he touched him, saying: "I want to! Be made clean." Immediately his leprosy was cleansed away.

How can I reflect compassion for the disadvantaged, as Jesus so often did?

Tips for absorbing maximum benefit from stress-buster teachings.

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Is there some concern in your life you need to attach less importance to in favour of spiritual issues?

First read what Jesus had to say in the verses cited. Then think about his words. Ponder how you can apply them in your life.

If you feel that you are already doing so, ponder to see what more you can do to live by that divine teaching.

If you find you have slipped, don't get discouraged. It happens to other Christians too. Follow through on the third week and the fourth.

When you have covered all the month's points, you will have a method for continuing your progress in handling stress better each month.

Day 14

(Matthew 9:9-38) Next, while moving on from there, Jesus caught sight of a man named Matthew sitting at the tax office, and he said to him: “Be my follower.” At that he rose up and followed him. Later as he was dining in the house, look! many tax collectors and sinners came and began dining with Jesus and his disciples. But on seeing this, the Pharisees said to his disciples: “Why does your teacher eat with tax collectors and sinners?”

Hearing them, he said: “Healthy people do not need a physician, but those who are ill do. Go, then, and learn what this means: ‘I want mercy, and not sacrifice.’ For I came to call, not righteous people, but sinners.”

Then John’s disciples came to him and asked: “Why do we and the Pharisees practice fasting but your disciples do not fast?” At this Jesus said to them: “The friends of the bridegroom have no reason to mourn as long as the bridegroom is with them, do they? But days will come when the bridegroom will be taken away from them, and then they will fast. Nobody sews a patch of unshrunk cloth on an old outer garment, for the new piece pulls away from the garment and the tear becomes worse. Nor do people put new wine into old wineskins. If they do, then the wineskins burst and the wine spills out and the wineskins are ruined.

But people put new wine into new wineskins, and both are preserved.”

While he was telling them these things, look! a certain ruler who had approached did obeisance to him, saying: “By now my daughter must be dead, but come and lay your hand on her, and she will come to life.”

Then Jesus got up and, with his disciples, followed him. And look! a woman suffering for 12 years from a flow of blood approached from behind and touched the fringe of his outer garment, for she kept saying to herself: “If I only touch his outer garment, I will get well.” Jesus turned around and, noticing her, said: “Take courage, daughter! Your faith has made you well.” And from that hour the woman was made well.

When, now, he came into the ruler’s house and caught sight of the flute players and the crowd making a commotion, Jesus said: “Leave the place, for the little girl did not die but is sleeping.” At this they began to laugh at him scornfully. As soon as the crowd had been sent outside, he went in and took hold of her hand, and the little girl got up. Of course, the talk about this spread into all that region.

As Jesus moved on from there, two blind men followed him, shouting out: “Have mercy on us, Son of David.” After he had gone into the house, the

blind men came to him, and Jesus asked them: “Do you have faith that I can do this?” They answered him: “Yes, Lord.” Then he touched their eyes, saying: “According to your faith let it happen to you.” And their eyes received sight. Moreover, Jesus sternly warned them, saying: “See that nobody gets to know it.” But after going outside, they made it public about him in all that region.

When they were leaving, look! people brought him a speechless man possessed of a demon; and after the demon had been expelled, the speechless man spoke. Well, the crowds were amazed and said: “Never has anything like this been seen in Israel.” But the Pharisees were saying: “It is by the ruler of the demons that he expels the demons.”

And Jesus set out on a tour of all the cities and villages, teaching in their synagogues and preaching the good news of the Kingdom and curing every sort of disease and every sort of infirmity. On seeing the crowds, he felt pity for them, because they were skinned and thrown about like sheep without a shepherd. Then he said to his disciples: “Yes, the harvest is great, but the workers are few. Therefore, beg the Master of the harvest to send out workers into his harvest..”

What part does showing mercy have in my life, and how can I show it more?

Day 15

(Matthew 12:19) He will not quarrel nor cry aloud, nor will anyone hear his voice in the main streets.

Learning from the prophecy about Jesus, do I strive to avoid contentious arguments?

Tips for drawing out maximum benefit from stress-buster teachings.

*First read what Jesus had to say in the verses cited.
Then think about his words.*

*Ponder how you can apply them in your life.
If you feel that you are already doing so, ponder to see what more you can do to live by that divine teaching.*

What do you conclude about attitude in the scripture above? What is going to help?

How can you be affected for the better if you let these examples occupy more of your thoughts?

Work with it during the day.

If you need to, spend another day on it. But you don't have to master it before you move on. You can consider another teaching tomorrow.

At the end of the week, review how successful you have been in adopting four or five of Jesus' teachings.

If you find you have slipped, don't get discouraged. It happens to every Christian. Follow through on the third week and the fourth.

When you have covered all the month's points, you will have a method for continuing your progress in handling stress better month by month.

Day 16

(Matthew 12:20-21) “No bruised reed will he crush, and no smoldering wick will he extinguish, until he brings justice with success. Indeed, in his name nations will hope

What good can I do by not crushing others by either my words or my actions?

Tips for deriving maximum benefit from stress-buster teachings.

There is a difference between agreeing with them and actively embracing them.

How can you be affected for the better if you let these teachings occupy more of your thoughts?

What do you conclude about attitude in the scripture above?

Ponder how you can apply these words in your life.

If you feel that you are already doing so, ponder to see what more you can do to live by this divine pattern.

Work with it during the day.

At the end of the week, review how successful you have been in adopting four or five of Jesus' teachings.

If you find you have slipped, don't get discouraged. It happens to every Christian. Follow through on the third week and the fourth.

If you need to, spend another day on it. But you don't have to master it before you move on. You can consider another teaching tomorrow.

Is there some concern in your life you need to attach less importance to in favour of spiritual issues?

When you have covered all the month's points, you will have a method for continuing your progress in handling stress better month by month.

Day 17

(Matthew 12:34-37) “Offspring of vipers, how can you speak good things when you are wicked? For out of the abundance of the heart the mouth speaks. The good man out of his good treasure sends out good things, whereas the wicked man out of his wicked treasure sends out wicked things. I tell you that men will render an account on Judgment Day for every unprofitable saying that they speak; for by your words you will be declared righteous, and by your words you will be condemned.”

*What do I talk about much of the time?
I know that when I squeeze an orange, orange juice comes out, so why should I give thought to what is inside me, in my heart?*

(Mark 7:20-23) Further, he said: “That which comes out of a man is what defiles him. For from inside, out of the heart of men, come injurious reasonings, sexual immorality, thefts, murders, acts of adultery, greed, acts of wickedness, deceit, brazen conduct, an envious eye, blasphemy, haughtiness, and unreasonableness. All these wicked things come from within and defile a man.”

Day 18

(Matthew 15:4-6) For example, God said, 'Honor your father and your mother,' and, 'Let the one who speaks abusively of his father or mother be put to death.' But you say, 'Whoever says to his father or mother: "Whatever I have that could benefit you is a gift dedicated to God," he need not honor his father at all.' So you have made the word of God invalid because of your tradition

From Jesus' comments, what do I see about loving care of the elderly?

Tips for winning maximum benefit from stress-buster teachings.

There is a difference between agreeing with them and actively embracing them.

What do you conclude about attitude in the scripture above.

Work out if there is some way you can apply the teaching in your life. If you think you already do, see if there's some way to live by that teaching even more.

Is there some concern in your life you need to attach less importance to in favour of spiritual issues?

At the end of the week, review how successful you have been in adopting four or five of Jesus' teachings.

If you find you have slipped, don't get discouraged. It happens to every Christian. Follow through next week.

Day 19

(Matthew 19:13-15) Then young children were brought to him for him to place his hands on them and offer prayer, but the disciples reprimanded them. Jesus, however, said: “Let the young children alone, and do not try to stop them from coming to me, for the Kingdom of the heavens belongs to such ones.” And he placed his hands on them and departed from there.

What do I need to take time to do?

Tips for maximum benefit from stress-buster teachings.

There is a difference between agreeing with them and actively embracing them. What do you conclude about attitude in the scripture above? What is going to help?

First read what Jesus had to say in the verses cited.

Then think about his words. Ponder how you can apply them in your life.

If you feel that you are already doing so, ponder to see what more you can do to live by that divine teaching.

Work with it during the day.

If you find you have slipped, don't get discouraged. It happens to every Christian. If you need to, spend another day on it. But you don't have to master it before you move on. You can consider another teaching tomorrow. Follow through on the fourth week.

How can you be affected for the better if you let these teachings occupy more of your thoughts? Is there some concern in your life you need to attach less importance to in favour of spiritual issues?

When you have covered all the month's points, you will have a method for continuing your progress in handling stress better month by month.

Day 20

(Matthew 20:25-28) But Jesus called them to him and said: “You know that the rulers of the nations lord it over them and the great men wield authority over them. This must not be the way among you; but whoever wants to become great among you must be your minister, and whoever wants to be first among you must be your slave. Just as the Son of man came, not to be ministered to, but to minister and to give his life as a ransom in exchange for many.”

Why is it unprofitable to wield authority for its own sake?

How can I imitate Jesus in this regard?

First read what Jesus had to say in the verses cited.

Then think about his words. Ponder how you can apply them in your life.

If you feel that you are already doing so, ponder to see what more you can do to live by this divine teaching.

Work with this teaching during the day.

At the end of the week, review how successful you have been in adopting four or five of Jesus' teachings.

If you find you have slipped, don't get discouraged. Follow through on the fourth week. When you have covered all the month's points, you will have a method for continuing your progress in handling stress better each month.

Day 21

(Mark 4:24-25) He further said to them:
“Pay attention to what you are hearing.
With the measure that you are measuring
out, you will have it measured out to you,
yes, you will have more added to you. For
whoever has will have more given to him,
but whoever does not have, even what he
has will be taken away from him

What is the significance of how I treat others?

Tips for absorbing maximum benefit from stress-buster teachings.

There is a difference between agreeing with them and actively embracing them. What do you conclude about attitude in the scripture above? What is going to help?

How can you be affected for the better if you let these principles occupy more of your thoughts?

First read what Jesus had to say in the verses cited. Then think about his words. Ponder how you can apply them in your life.

If you feel that you are already doing so, ponder to see what more you can do to live by that divine teaching. Work with it during the day.

If you find you have slipped in applying some teachings, don't get discouraged. It happens to every Christian. Press on next week.

When you have covered all the month's points, you will have a method for continuing your progress in handling stress better each month.

Day 22

(Mark 9:50) “Salt is fine, but if the salt ever loses its saltiness, with what will you season it? Have salt in yourselves, and keep peace with one another.

If what I say and do is in good taste, what good results are likely?

Tips for maximum benefit from stress-buster teachings.

How can you be affected for the better if you let these teachings occupy more of your thoughts?

Is there some concern in your life you need to attach less importance to in favour of spiritual issues?

First read what Jesus had to say in the verses cited. Then think about his words.

If you feel that you are already applying them in your life, ponder to see what more you can do to live by this divine teaching.

Work with this teaching during the day.

If you need to, spend another day on it. But you don't have to master it before you move on. You can consider another teaching tomorrow.

At the end of the week, review how successful you have been in adopting four or five of Jesus' teachings.

If you find you have slipped, don't get discouraged. It happens to every Christian. Follow through on the third week and the fourth.

When you have covered all the month's points, you will have a method for continuing your progress in handling stress better month by month.

Day 23

(Luke 8:11) Now the illustration means this:
The seed is the word of God.

(Luke 8:14) As for that which fell among the thorns, these are the ones that have heard, but by being carried away by anxieties, riches and pleasures of this life, they are completely choked and bring nothing to maturity.

If I let worry, wealth and pleasure reign in my life, what can be the result?

Tips for maximum benefit from stress-buster teachings.

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Is there some concern in your life you need to attach less importance to in favour of spiritual issues?

First read what Jesus had to say in the verses cited. Then think about his words. Ponder how you can apply them in your life.

If you feel that you are already doing so, ponder to see what more you can do to live by that divine teaching. Work with it during the day.

If you find you have slipped on applying the teachings, don't get discouraged. It happens to every Christian. Follow through on the fourth week.

Day 24

(Luke 9:1-6) Then he called the Twelve together and gave them power and authority over all the demons and to cure diseases. And he sent them out to preach the Kingdom of God and to heal, and he said to them: “Carry nothing for the trip, neither staff nor food pouch nor bread nor money; neither have two garments. But wherever you enter into a home, stay there and leave from there. And wherever people do not receive you, on going out of that city, shake the dust off your feet for a witness against them.” Then starting out, they went through the territory from village to village, declaring the good news and performing cures everywhere.

Though Jesus had the power to heal the sick, what did he put before that?

Day 25

(Luke 9:52-56) So he sent messengers ahead of him. And they went and entered a village of Samaritans to make preparations for him. But they did not receive him, because he was determined to go to Jerusalem. When the disciples James and John saw this, they said: “Lord, do you want us to call fire down from heaven and annihilate them?” But he turned and rebuked them. So they went to a different village.

*Am I quick to take offense?
Do I avoid the spirit of retaliation?*

Tips for extracting maximum benefit from stress-buster teachings.

*What do you conclude about attitude in the scripture above?
How can you be affected for the better if you let these teachings occupy more of your thoughts?*

*Work with this teaching during the day.
If you need to, spend another day on it. But you don't have to master it before you move on. You can consider another teaching tomorrow.*

*If you find you have slipped, don't get discouraged. It happens. Follow through.
If you need to, spend another day on it. But you don't have to master it before you move on. You can consider another teaching tomorrow.*

Day 26

(Luke 9:62) Jesus said to him: “No man who has put his hand to a plow and looks at the things behind is well-suited for the Kingdom of God.

How should I view my responsibility to speak about God’s Kingdom?

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If you need to, spend another day on it.

But you don’t have to master it before you move on.

You can consider another teaching tomorrow.

Day 27

(Luke 10:29-37) But wanting to prove himself righteous, the man said to Jesus: “Who really is my neighbor?” In reply Jesus said: “A man was going down from Jerusalem to Jericho and fell victim to robbers, who stripped him, beat him, and went off, leaving him half-dead. Now by coincidence a priest was going down on that road, but when he saw him, he passed by on the opposite side. Likewise, a Levite, when he came to the place and saw him, passed by on the opposite side. But a certain Samaritan traveling the road came upon him, and at seeing him, he was moved with pity. So he approached him and bandaged his wounds, pouring oil and wine on them. Then he mounted him on his own animal and brought him to an inn and took care of him. The next day he took out two de·nar'i·i, gave them to the innkeeper, and said: ‘Take care of him, and whatever you spend besides this, I will repay you when I return.’ Who of these three seems to you to have made himself neighbor to the man who fell victim to the robbers?” He said: “The one who acted mercifully toward him.” Jesus then said to him: “Go and do the same yourself”

How can I prove that I am a neighbour, not a stranger?

Day 28

(Luke 11:33-36) After lighting a lamp, a person puts it, not in a hidden place nor under a basket, but on the lampstand, so that those who come in may see the light. The lamp of the body is your eye. When your eye is focused, your whole body is also bright; but when it is envious, your body is also dark. Be alert, therefore, that the light that is in you is not darkness. Therefore, if your whole body is bright with no part of it dark, it will all be as bright as when a lamp gives you light by its rays.”

What changes might I make so that my life can become simpler?

Tips for deriving maximum benefit from stress-buster teachings.

There is a difference between agreeing with them and actively embracing them. What do you conclude about attitude in the scripture above? What is going to help?

Is there some concern in your life you need to attach less importance to in favour of spiritual issues?

Work with this teaching during the day.

If you find you have slipped in applying the teachings, don't get discouraged. It happens.

If you need to, spend another day on it. But you don't have to master it before you move on. You can consider another teaching tomorrow.

Day 29

(Luke 12:15) Then he said to them: “Keep your eyes open and guard against every sort of greed, because even when a person has an abundance, his life does not result from the things he possesses.”

What is the relationship between life and possessions?

Tips for gaining maximum benefit from stress-buster teachings.

There is a difference between agreeing with them and actively embracing them. What do you conclude about attitude in the scripture above? What is going to help?

How can you be affected for the better if you let these teachings occupy more of your thoughts?

Is there some concern in your life you need to attach less importance to in favour of spiritual issues?

First read what Jesus had to say in the verses cited.

Then think about his words.

Ponder how you can apply them in your life.

If you feel that you are already doing so, ponder to see what more you can do to live by that divine teaching.

Work with this teaching during the day.

If you find you have slipped, don't get discouraged. It happens.

If you need to, spend another day on it. But you don't have to master it before you move on. You can consider another teaching tomorrow.

Day 30

(Luke 14:28-30) For example, who of you wanting to build a tower does not first sit down and calculate the expense to see if he has enough to complete it? Otherwise, he might lay its foundation but not be able to finish it, and all the onlookers would start to ridicule him, saying: 'This man started to build but was not able to finish.'

If I take the time to weigh decisions carefully, what might I avoid, and with what benefit?

Tips for obtaining maximum benefit from stress-buster teachings.

There is a difference between agreeing with them and actively embracing them.

What do you conclude about attitude in the scripture above? What is going to help?

How can you be affected for the better if you let these considerations occupy more of your thoughts?

Is there some concern in your life you need to attach less importance to in favour of spiritual issues?

Work with this teaching during the day. If you need to, spend another day on it. If you find you have slipped, don't get discouraged. It happens.

Follow through next month.

When you have covered all the month's points, you will have a method for continuing your progress in handling stress better each month.

Day 31

(Luke 16:10-12) The person faithful in what is least is faithful also in much, and the person unrighteous in what is least is unrighteous also in much. Therefore, if you have not proved yourselves faithful in connection with the unrighteous riches, who will entrust you with what is true? And if you have not proved yourselves faithful in connection with what belongs to another, who will give you something for yourselves?

What benefits may I get from a life of integrity?

The Watchtower 15 December 2001

Tips for extracting maximum benefit from stress-buster teachings.

There is a difference between agreeing with them and actively embracing them.

What do you conclude about attitude in the scripture above? What is going to help?

How can you be affected for the better if you let these considerations occupy more of your thoughts?

Is there some concern in your life you need to attach less importance to in favour of spiritual issues?

Work with this teaching during the day.

Now you have covered all the month's points, you have a method for continuing your progress in handling stress better.