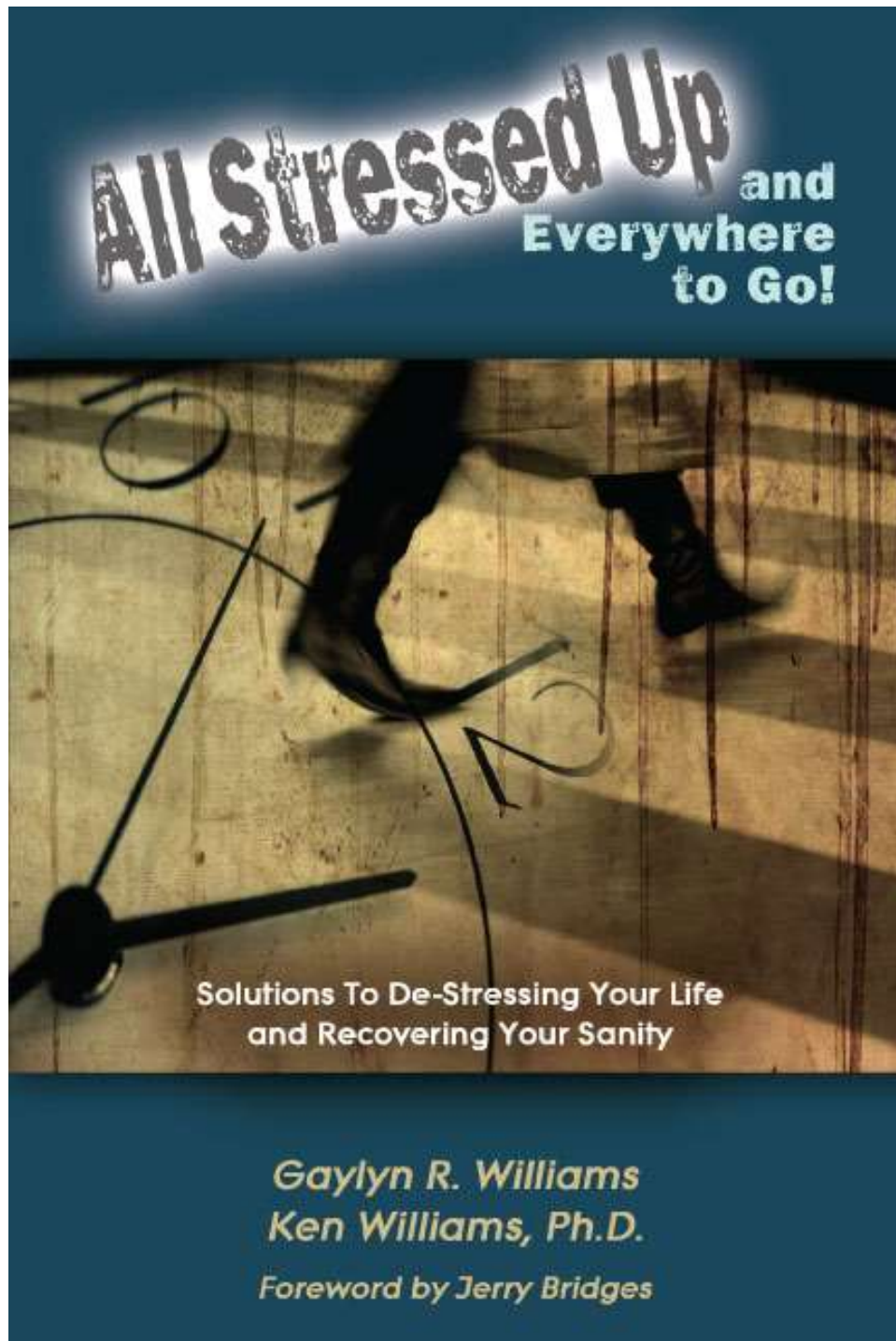


Sample Copy of

All Stressed Up and Everywhere to Go!



Training Available on De-Stressing Your Life

Do you need to de-stress your life?

Take a quick self-assessment and ask yourself the following questions:

- Are you experiencing physical, emotional or relational symptoms that are a direct result of being overstressed? Do you know what those symptoms are?
- Could your perception of your situation be affecting your stress levels?
- Would you like to discover new resources to help you manage your stress?
- Do you ever feel like you are going crazy because you are so overwhelmed by life?
- Are you ready to De-Stress Your Life and recover your sanity?
- What if you could find some simple yet powerful ways to De-Stress Your Life? Would they be worth trying?

Stress Management Skills

If you answered yes to any of these questions, we challenge you to take control of your life! You'll discover seven practical, proven strategies to help you embrace a balanced, victorious life. People of all ages and situations experience stress, but it doesn't have to get you down. In fact, stress can actually improve your life!

Discover simple, yet amazing ways to make stress work for you – not against you.

In this class you will learn about stress and how it can affect your life. You will also practice six key stress management skills that will empower you to De-Stress Your Life today and in the future. You will then discuss and work through ways to keep balance in your life, so you can keep from getting too overwhelmed.

What this workshop includes:

- 3-6 hours of interactive training with Gaylyn Williams
- Handouts for each participant
- Self-assessments to discover how you are managing your stress and how close to burnout you may be
- Opportunities to discuss and practice each skill, working through your stress
- Discount code to buy a copy of *All Stressed Up and Everywhere to Go*

Contact Us

[Contact us](#) to learn practical skills on how to manage stress for a balanced, victorious life.

Back Cover Copy

From the daily hassles to the catastrophic events, this book will empower you to successfully de-stress your life and recover your sanity. This book will empower you to successfully de-stress your life and recover your sanity. You'll discover easy –to-use skills enabling you to gain greater freedom from life's ups and down. In today's fast-paced, overworked world, stress is all around us: the economy, finances, raising children, health, job, school, family or lack of it, elderly parents, divorce, tragedy, debt, death, and conflict.

This is not an ordinary book about stress.

This unique workbook contains practical, biblical tools for attaining spiritual, emotional, physical, and interpersonal balance. It is filled with powerful personal stories to illustrate principles, thought-provoking questions for individual or group study., Bible studies, self-assessments, and easy-to-apply strategies to develop a balanced lifestyle. As you explore the timeless connection between the biblical principles and this practical, life-enhancing approach, you'll gain valuable solution to cope with your own stress, as well as help friends and family.

These powerful strategies have been proven worldwide. Over 16,000 believers in 80 countries have learned these life-changing skills. Ken and Gaylyn first tested them in their own lives and continue to use them on a regular basis. Rather than writing from a clinical perspective—although Dr. Williams, with his PhD in Human Behavior, could do that—they honestly share their personal experiences having each dealt with numerous major and minor stresses.

They have trained people in Christian organizations in these methods for twenty-five years. Now they are available to you.

Ken and Gaylyn Williams are an insightful father-daughter writing team and co-authors of *The Door to Joy*. Ken, has a PhD in Human Behavior, served with Wycliffe Bible Translators for 53 years and founded International Training Partners, training Christian workers around the world. Gaylyn is the executive director of Relationship Resources, author of sixteen books, and a dynamic international, inspirational and motivational speaker. They live with their families in Colorado Springs, CO.

Get a free copy of [De-Stress Your Life](#)

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All Stressed Up and Everywhere to Go!

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Foreword by Jerry Bridges

Stress is a fact of life. The question is not whether we will experience stress—that is inevitable. The question is how we will respond to it. Most of us do not handle stress well because we do not know how. But now, relief is at hand. This book, if studied and applied, will provide you with the principles you need to manage your stress effectively.

This book is valuable for at least three reasons.

First, it is thoroughly biblical. All its teaching is based squarely on biblical text and principles. I have known Ken Williams for well over 50 years, and I know that he has always been a careful and thoughtful student of the Scriptures. God, who created human beings in the first place, understands us completely. He is, so to speak, the infinitely wise Master Psychologist. He has provided in His Word the principles we need for handling stress.

Second, this book is practical. It speaks to real-life situations and provides real-life solutions. It takes you by the hand and leads you step by step in identifying your causes of stress and provides strategies for dealing with them.

Third, this book is authentic. Both Ken Williams and his daughter Gaylyn have experienced an extraordinary amount of stress in their respective lives. They do not write from the vantage point of academic theory—although Ken, with a Ph.D. in human behavior, could do that—but from the reality of applying these biblical principles to the stressful situations of their own lives.

I must add one word of caution, though. If all you plan to do is read this book, don't bother. This book is designed as a *workbook*, not just a book to be read and set aside. To benefit from it, you must work at identifying the stress issues in your life and applying the principles in this book for dealing with them.

As I looked through the manuscript in preparation for writing this foreword, I identified two significant stress points in my life. I now have a plan for dealing with them. I hope this book will have the same effect on you.

Jerry Bridges

Staff Development, The Navigators

Author of over 15 books, including *The Pursuit of Holiness*,

which has sold over one million copies

Introduction

Bright lights suddenly bore down on me (Gaylyn), blinding me. I had just started turning left with the green arrow in my 1967 Dodge Dart. *What should I do? Step on the gas? There's no way I'll get out of the way. He's coming too fast.*

My body tensed with fear. I cried out, "God, I need your help. I don't wanna die."

BLAM! My car spun around, ending up 50 feet behind the crash. Instantly it was deathly quiet. The impact stunned me as my knee flattened the key in the ignition and my head compressed the steering wheel. I struggled to keep consciousness. *I can't die. I just can't die. I'm going to be a missionary. God help me.*

"Ouch!" I ached all over. Feeling blood dripping off my chin, I reached up and touched new holes in my face. *Oh no, not my face. I'm getting married in a month.*

I was almost home from college for the weekend. My week had been stressful as I was finishing everything before graduation in less than a month. Between school work and finishing my thesis, I was also finalizing the details for my wedding—a week after graduation.

People began running toward my car as I tried to open the door. *Groan. I hurt all over.*

As if in a tunnel, words echoed in my brain, "I can't believe she is alive. No one should have lived through that."

The sirens screamed in the distance, coming closer. "Someone must have been looking out for you," a short, plump woman said, as she opened my door.

As the police arrived, the tall, dark man who hit me got out of his car, unhurt. I stared in amazement as he started running up the embankment. The officers raced after him, tackling him to the ground. Walking back to their patrol car with the disheveled man, one said, "Whoa! The alcohol on his breath could almost knock me out."

I finally managed to get myself out, but had to grab the car door to keep from fainting. The ambulance, with its bright, flashing lights and wailing siren, stopped a few feet from me. The kind-faced paramedic put his arm around me, holding me upright as we walked to the ambulance. After quickly checking me, he said, "We've got to get her to the emergency room."

"No! Just call my parents. They'll take me. I don't want my parents to have a huge ambulance bill."

"You've got to be kidding," someone behind me said.

After they called my parents, I asked, "Can you please clean as much blood off me as you can? I don't want my mom freaked out."

"We'll do our best, but it won't be perfect."

When my parents arrived at the accident scene, I saw tears in my mom's eyes. At the hospital, the admitting doctor checked me. He announced, "I'll sew her face up and then she can go to a plastic surgeon later." Amazingly, nothing was broken.

"But she's getting married in a month!" My mom insisted they call a plastic surgeon immediately to put my face back together.

Over the next few weeks, my body healed, despite massive bruising and pain that became arthritis a few months later. *Thank you, Lord, for my seatbelt, and the interesting bruises it caused!* To this day, I'm thankful for the faint scars on my face, reminding me of God's grace, faithfulness and protection.

Just like my car wreck, things happen that are out of our control, causing us trauma and anxiety. Stress is a major problem, affecting people more each year. The American Psychological Association recently found:

- 75 percent of adults experienced moderate to high levels of stress in the past month.

All Stressed Up and Everywhere to Go! Sample

- 42 percent said their stress had increased in the past year.*

As you'll discover, stress itself is not bad. How you react to it is what affects you. There are many ways to respond to stress, some more beneficial than others. One way to react is by taking the advice of an old Navy slogan: "When in danger or in doubt, run in circles, scream and shout." I don't know about you, but I've never found that method works too well.

Have you ever felt like you were *all stressed up with everywhere to go*? You have too much to do and don't even know where to start. Does stress run your life? Are you ever paralyzed with feelings of being overwhelmed? Maybe you even begin to run in circles, scream and shout. This book gives practical strategies to keep from getting all stressed up so you can have a more successful and joy-filled life.

Although many volumes have been written about stress, thousands of people worldwide have tested and proven these strategies over the past twenty years. Besides teaching workshops on these principles, nationally and internationally, we both regularly apply them to our personal lives.

While there are many great secular principles for managing stress, the Bible lays the foundation of this practical book. We encourage you to study what the Word says, because it is the best manual on managing stress. As Hebrews 4:12 says, "The Word of God is living and active." It has the power to equip you to handle all your stress.

Each person brings expectations and assumptions to this study. This book won't meet every expectation, and every assumption won't turn out to be accurate. We encourage you to hold your expectations in an open hand to the Lord. Let Him do whatever He wants in your life during your study. God undoubtedly has expectations and plans for you that you don't yet know about, but we can trust Him to reveal and bring them to reality.

Our desire is to give you the practical, biblical tools you need to effectively manage stress, so you can be more successful in every area of your life. We are praying the Lord will use these pages to bless and empower you as you follow Him.

Ken L. Williams, Ph.D.

Gaylyn R. Williams

A father-daughter writing team

Note: For simplicity, masculine forms are used to designate both genders in some chapters.

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How to Use This Book

This is an interactive workbook. If you want to reduce your stress levels, you need to dedicate the time needed to study each section and do the assignments given.

Each chapter ends with a personal application section called, “What can I do today?” We want to encourage you to apply what you are learning, so that you can de-stress your life.

Every chapter also has a section called, “Questions for personal or group study.” If you are studying in a group or with one other person, these are questions and verses to discuss. You will find that you learn more if you are sharing with others.

At the end of each chapter, you’ll have a chance to write at least one thing you want to take away from that chapter on the *Snapshots* pages (at the back of the book). This can include your personal highlights and your action list, so you have in one place everything you want to remember from the entire book.

Study this book with a small group or at least one other person. We highly recommend this. Read through the pages on small groups for suggestions, in the Appendix. Each person should follow the suggestions below for studying alone. Use the questions at the end of each chapter.

Study it alone. The following are some things to consider:

- Make a commitment to seriously study this book. It is easy to let “more urgent” things crowd out time for study.
- Find someone who will hold you accountable in your study.
- Look up each of the verses and meditate on them. We challenge you to memorize some of the verses that stand out to you.
- Consider studying this book in your personal devotions. It’s based on the Word so it makes a great Bible study.

Attend Relationship Resources’ *All Stressed Up and Everywhere to Go* Workshop. You will gain the most from this book if you study it on your own first, and then attend one of RRI’s practical, Biblical, interactive workshops. Contact RRI for a workshop near you or to sponsor one.

When should you use the strategies in this book?

- When you are feeling stressed.
- Before you go into a stressful situation. It helps to deal with whatever stress you currently have, as well as building yourself up for the future. That way you have extra reserves no matter what happens.
- *Now!* It’s best, if you can, to study and use the principles when you are not feeling overstressed. Then you’ll have them as tools to use when difficulties come up.

All Stressed Up and Everywhere to Go! Sample

Part I: Investigate the Issues

I'm (Gaylyn) jolted out of a deep sleep as another bomb explodes—this one closer than the rest. Trembling, I whisper, "Wow. That was really close. ... I wonder what blew up this time."

Half an hour later, I am still trying to get back to sleep. Suddenly a gunshot pierces the air within a block of our apartment in Guatemala City. I wonder if we're safe. Shifting my position, I pray for our safety.

Tonight is no different from many nights in the past few months. Still, every time a bomb explodes or gunshots blast, I shudder. The guerillas are angry because their candidate didn't become president.

The next morning, dark clouds hang ominously outside our window. At breakfast, my husband and I discuss what we should do. We believed God called us to serve Him here in Central America. Had we misunderstood? Are we supposed to leave? Our work isn't finished and we don't want to flee this beautiful country. But is it safe to stay?

The next day we receive news that Chet Bitterman, a missionary friend in Colombia, South America, had been murdered. Forty-eight days earlier, he was captured and held by terrorists. I remember Chet's amazing love for the Lord during our training with Wycliffe Bible Translators in Dallas, Texas a few years before.

We grieve Chet's death and agonize for his wife and two little girls. Eventually I had to ask, "What if something like that happens to us?"

We arrived in Guatemala in 1979, two years earlier, eager to learn the spoken language of a remote Mayan people group. Our desire was to create a written version of their beautiful language so one day they could read God's Word in their own tongue. I knew this kind of life wouldn't be easy, but I never thought we'd fear for our lives.

The day we learned of Chet's death, I realized I had a choice about how much I would let the stress of that situation affect me. I could become obsessed with the bombs and the danger, or I could focus on God. Focused on the problems around us, I would have packed my bags. Instead, I made the choice to trust God and stay in that war-torn country—even knowing the next bomb might hit our little apartment.

Stress is a normal part of life. I could have been overwhelmed by stress, if I had focused on the gravity of our situation or on all the "what ifs": *What if* I'm captured by terrorists? *What if* either of us gets shot? *What if* a stray bomb hits us? Do you see how this type of thinking could make a stressful situation worse?

When problems strike, what do you do? If you're like me, it's easy to only see the pain and difficulties. Although I'll be the first to admit that sometimes pain and difficulties are very real and very present, making them rather difficult to overlook! And yet, when we focus on our problems we can find ourselves blinded to opportunities and blessings, which are also very real and very present, even if they seem eclipsed at the moment.

More often than not, focusing on stress, pain and chaos in our lives creates even *more* stress, pain and chaos for us.

Here's what I've experienced, and my guess is that it's happened to you as well: Whenever I am focused on how difficult my life is, I begin to feel overwhelmed, stressed, depressed, and worried. These emotions, in turn, influence my productivity, actions and choices. They may even change my sleeping patterns and compromise my immune system. Sooner or later they begin to interfere with my relationships with family and friends. They even hinder the way I worship or approach God. As these emotions continue to influence how I live, cope, function, and relate to those around me, they can even impact my finances and long-term security.

All Stressed Up and Everywhere to Go! Sample

However, I'm amazed at what happens when I begin to work through my stressful situations by applying God's Word, rather than wallowing in them. Suddenly I find myself experiencing less stress and a greater measure of peace and joy. I'm capable of embracing saner choices. I don't make as many knee-jerk reactions to pain or fear. My relationships feel healthier. I engage in fewer destructive coping strategies that end up costing me financially, spiritually, emotionally, relationally or even physically.

But you may be saying, "Wait a minute. You don't understand what I'm going through. There is nothing I can change about my situation."

You're right. We don't know what you're going through, although we've been through a few stressful situations.

Here are just a few of the stressful situations I've (Gaylyn) experienced. I was sent away to a boarding school when I was just six years old and had to stay there for eight long years—only seeing my parents on vacations and for a day or two when they would pass through town. I helplessly watched my six-month-old son die. I went through an unwanted divorce and raised my rambunctious sons alone for fifteen years. Then my fiancé was killed one month before our wedding date.

As with Gaylyn, I've (Ken) experienced my share of stress. For 48 years my wife Bobbie and I served with Wycliffe Bible Translators. We drove to Guatemala with Gaylyn (22 months old) and her sister Joy (6 months old). After we arrived, we drove 17 hours over indescribably poor roads, then we hiked for four hours to a remote village that was our home for 11 years. For the first 2 years we shared a primitive two-room house with a family of 5 Indians. No electricity, no plumbing, no heat. We learned and analyzed the unwritten Chuj language, translated the New Testament and other literature into Chuj, established a medical and literacy work, founded a Bible Institute, and other projects. Then we traveled to about 25 countries, providing counseling and training for missionaries, often in difficult locations.

Yes, we do understand stress, although our stresses have probably been different than yours. We don't pretend to have all the answers, but this book has some powerful principles to help relieve stress. They have helped us, personally, as well as thousands of people worldwide.

Today's economy has caused people's stress levels to increase exponentially. Not only are individuals pressured by the things that used to be normal, such as family, finances, health, and children. Now people have added stresses induced by the economy, such as:

- Job loss or Foreclosures
- Divorces; Children and teens getting killed at school
- Talk of the collapse of US dollar
- Peer pressure, which is greater now than it used to be
- Drug abuse and other addictions

What issues are you dealing with right now? What is stressing you? While things may seem hopeless at times, because of the direction our economy and country seem to be heading, there is great hope in God. Now more than ever, we need skills to help us work through our stress. The good news is God gave us some amazing tools in His Word. We can't change most stress situations, but we can change how they will affect us.

As you go through this study, we are praying that God will minister to you and help you de-stress your life.

All Stressed Up and Everywhere to Go! Sample

Chapter 1

What is stress?

I consider that our present sufferings are not worth comparing with the glory that will be revealed in us.

Romans 8:18

Stress affects all of us, and a joyful, productive life depends on having skills for handling it well. God's Word provides the strategies we need to manage stress well.

We can't choose *whether* we'll have stress, but we can choose *how* it affects us. It can either be a curse—and harm us, or it can be a blessing—and we can thrive in the midst of it.

Before we begin working on specific strategies to manage our stress, we need to look at several issues that are necessary for understanding stress.

For the purposes of this book:

- Stress is defined as: Our response as a whole person to any demand.
- Stressor is defined as: Any demand put on us that causes stress.

Please read those definitions again. Often people confuse stress with stressors. Many think that stress is only the stressors we experience. In fact, that is only a small part of our stress.

Secular views, such as Hans Selye's, see stress as only a *physical* response. A biblical perspective on stress views it as affecting the *whole person*—

- spiritually
- emotionally
- physically
- mentally
- socially

Psalm 31:9-11 is a great example, "Be merciful to me, O LORD, for I am in distress; my eyes grow weak with sorrow, my soul and my body with grief. My life is consumed by anguish and my years by groaning; my strength fails because of my affliction, and my bones grow weak. ... I am the utter contempt of my neighbors; I am a dread to my friends."

The Word of God is our best manual on managing stress. Our Creator understands us infinitely better than anyone, and gives us clear instructions on how to survive stress.

Stress is a normal part of life

Stress is normal. Up to a point, it is helpful and healthy. Often we view all stress as negative, when it is—or can be—very positive. An optimum amount of stress stimulates, invigorates and motivates us. Only when we become overwhelmed by it does it become destructive.

All Stressed Up and Everywhere to Go! Sample

I (Gaylyn) was teaching a class on de-stressing one's life at a seminary in Texas. I asked, jokingly, how many of them did *not* have any stress at all in their lives. I often ask that question to show it's normal to experience stress and it doesn't mean we are unspiritual if we have it.

This particular time one couple raised their hands, proudly telling the group that they had absolutely no stress in their lives. Everyone looked at them incredulously. I was dumbfounded, not knowing how to respond.

At the coffee break, I talked to that couple, just getting to know them. I found out their young daughter had just been molested. They also recently had to flee the country where they served as missionaries, because of terrorists. Yet, they said they had no stress. Interesting. It turned out that they believed that if you experienced any stress, then you were not spiritual enough. They were very judgmental of the rest of the group who openly shared their struggles. That couple never did change their thoughts on stress. I'm still not sure why they were in the class.

We want to assure you that you can be spiritual and still experience stress. Jesus, Paul and other biblical characters experienced great stress. They are examples to us of how to handle ours. We will study their stories later.

Biblical Terms

The word "stress" doesn't appear in most Bible translations, although the concept is there throughout. Here are some of the terms used in the Word that mean stress. Look up each verse and write down what you learn from it: (Your translation may use different words than these.)

- Circumstances—Philippians 4:11
- Trials—James 1:2; 1 Peter 1:6, 4:12
- Trouble—John 16:33
- Hardships—1 Thessalonians 2:9
- Difficulties—2 Corinthians 12:10
- Distresses—2 Corinthians 6:4
- Persecution—John 15:20; 2 Corinthians 12:10;
- 2 Timothy 3:12
- Affliction—Job 36:15
- Suffering—Philippians 1:29; 1 Peter 4:12, 13
- Pressure—Job 33:7; 2 Corinthians 11:28
- Discipline—Job 5:17; 1 Corinthians 11:32; Hebrews 12:6

Key Insights about Stress

Note: we will look at each of these points in greater detail throughout the book. As you read through these insights, we encourage you to look up each verse, asking the Lord to reveal what He wants you to learn through them.

All Stressed Up and Everywhere to Go! Sample

1. *The total amount of stress we experience at a given time is cumulative.* Even though there may be no one major cause of stress, the overall load can overwhelm us. Each of us must learn to recognize our own danger signals, and do everything possible to keep stress from going beyond the point of coping.

Secular research has provided an immense amount of data helpful for understanding stress. However, secular views of the effects of stress may be invalid for many Christians. These views see humans as body and mind only, without a spirit capable of intimate fellowship with God. This leaves most secular theorists with a pessimistic view of our long-term ability to cope with stress. For example, Hans Selye saw the effects of stress as *inevitably accumulating over time*, so that continued stress will eventually destroy us, no matter what we do. He came to this conclusion based on his experiments with rats!

2. *The effects of stress do accumulate when they are unresolved.* However, most people's experience demonstrates that the cumulative effects of heavy stress are *much less* when the stress is resolved by applying God's resources.

The Word encourages us with the fact that heavy stress can actually be constructive for those who resolve it in God's power. Stress has the potential of producing more endurance and maturity of character, resulting in greater ability to cope. See Romans 5:3-4 and James 1:2-4.

4. *Spiritual resources provide immeasurable potential for adequately resolving stress.* This is a common theme in the Word. See Isaiah 40:29-31; Matthew 11:28-30 and 2 Corinthians 4:7-18.
5. *We handle stress better in supportive relationships.* See Paul's references to the many helpful people in his life, such as, 2 Timothy 1:16-18.
6. *Even when handled well, stress situations often cause distress.*

Helping Others Handle Stress

One purpose of this book is to give you tools to help others around you to deal with their stress, both adults and children. First, you need to study the principles—and apply them to your own life. Then, learn to recognize the stress in those around you so you can help them identify and effectively handle it.

After you go through each section for yourself, think about your children, your spouse and others close to you. Ask the Lord how you can help them in their situations. You might want to talk with them about this book and see if they would like to go through the study with you.

Sometimes it's easier to recognize stress in adults than it is in children and teens. If you have children, or you work with them, it is very important to learn to identify their stress and how it affects them.

Children and teens are obviously affected by stress, yet consistently parents don't recognize the impact of stress on them. In a recent study by the American Psychological Association, almost half of the teens said they were more worried this past year, yet only about one quarter of their parents said their teen's stress had increased. Very few parents think their children are extremely stressed, yet over a quarter of the teens said they worry "a lot."

All Stressed Up and Everywhere to Go! Sample

Children not only have their own stress, but they also pick up on their parents' stresses. For example, many are worried about their family's financial situations or that their parents might get divorced.

As parents, we have a responsibility to understand our children's stress levels and help them to effectively handle their pressures. You have a great opportunity to give your children the life skills they need in this area. We are both sorry we didn't have these skills to help our children through their stress situations when we were raising them.

Throughout this book, we'll give you specific things you can do to help your children, as well as other children in your life: grandchildren, friend's children, Sunday School kids, and any others.

I (Gaylyn) wish someone had recognized my stress when I was a child at boarding school. I often got stomachaches and was labeled a "hypochondriac." I learned quickly that it wasn't safe for me to tell anyone how I felt. People thought the pain in my stomach was all in my head, that I was making it up to get attention. It wasn't until I was an adult that I began to realize that stomachaches are a symptom my body used to reveal that I was overstressed. In Chapter Five, we'll look at how physical symptoms affect us.

We challenge you not only study these principles for yourself, to make a commitment to help others—but to also children and/or adults—you can be a great blessing as you help them understand and discover solutions to their tensions.

One word of caution as you seek to help others: Take the time to listen to what's going on with the person, rather than just giving advice. Sometimes just allowing someone to talk about their pressures and struggles will help to relieve their stress. Think about this: would you rather have someone give you advice with-

out even knowing what the real problem is or would you prefer the person give you an opportunity to talk thru what you're going thru? If you're like most people, it's much more helpful to have someone listen and care.

Recently I (Gaylyn) asked several people to pray for me because I was feeling stressed (ironic isn't it). Rather than discover what I was going through or what I'd done to relieve the pressure, many of them began to give me their advice. It was not the least bit helpful, because it wasn't what I needed, since they didn't know what the issues were.

Questions for personal or group study

1. Consider the definition of stress in this chapter: *Our response as a whole person to any demand*. How does it differ from what you have believed about stress?
2. How can stress be healthy and helpful for you?
3. In what areas are you most overstressed right now? What can—and will—you do about them?
4. Read Hebrews 12:1-3.
 - a. What can you learn about handling stress from these verses?

All Stressed Up and Everywhere to Go! Sample

- b. How is Jesus an example for you?
5. Read each of the following verses to discover what resources you have available to resolve your stress. Which will you begin to use today?
- Isaiah 40:29-31

 - Matthew 11:28-30

 - 2 Corinthians 4:7-18

 - 2 Timothy 1:16-18
6. Look up as many of the Biblical terms, on page 26, as you can. Consider how they apply to you. If you are studying with a group, look them up on your own and write down your insights in the space provided. Then share with the group.

What can I do *today* to lower my stress?

1. Do one thing today to lower your stress, such as sitting down for thirty minutes just to relax or meditate on the Lord. If you're not sure what to do, ask the Lord to show you.

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2. Write at least one thing on the *Snapshots* pages (at the end of the book) that you want to remember and/or do. How can you apply it today?

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All Stressed Up and Everywhere to Go!

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Endorsements

I recommend you take the time to read this important book. Stress can ruin your life, but Jesus offers a better way. The Biblical solutions and personal truths in this book can set your heart, mind and soul free. This book is a timely remedy for a culture consumed with pressure, over-scheduling, impossible deadlines and sleepless nights full of anxiety. Read and be restored to the life God intended.

—**Gary Wilkerson, President of World Challenge and Pastor of The Springs Church**

Dr. Ken Williams is an expert in dealing with issues related to stress and its impact on our lives. He draws from a deep well as he writes having spent years as a Wycliffe missionary himself, and then as a counselor to missionaries. He combines his life experience, professional training, and academic credentials to co-author a book full of solid advice. He and daughter, Gaylyn, have teamed up to provide an excellent resource for believers who want to de-stress their lives through the application of God's Word mixed with healthy counseling principles.

—**Bob Creson, President and CEO, Wycliffe Bible Translators USA**

All Stressed up and Everywhere to Go is a refreshingly simple book filled with usable, practical advice in dealing with the stressors of life. It is rich in biblical content and will lead the reader to a place of hope and balance. This is a tool that I will personally use! I have used many of these principles over the years and found them to be profitable when applied on a consistent basis.

—**George Stahnke, Director of Renewal Ministries of Colorado Springs**

I have known Ken and Gaylyn for more than two decades. Serving as a pastor for nearly thirty years, I am always on the lookout for those resources that are solidly rooted in Scripture and intensely practical for myself and for those to whom I minister. I was first exposed to the stress management principles presented in this book more than fifteen years ago. The bottom line: They work! Because the principles flow out of God's Word, they are timeless and relevant in any context. And thanks to the authors' special knack for clear communication, the principles are easy to grasp and easy to hand off to others who are in the "stress crucible."

—**Tim Westcott, Pastor of Idyllwild Bible Church**

This father/daughter writing team have produced something profoundly useful for the Christian community. It will bless and help anyone who studies it. Ken is a legend in Wycliffe Bible Translators. My husband and I have known him for 40 years. He lives the principles expressed in this book. So does Gaylyn. The diversity of their experience strengthens the book and enhances its usefulness. Authentic, soundly practical, occasionally funny, often heart-wrenching—you'll love it!

—**Laura Mae Gardner, D.Min., International Training Consultant for Wycliffe Bible Translators and SIL International**

I was so captured by this material that our Church was fortunate enough to host a week long workshop in which 27 of our lay caregivers and 4 vocational staff members participated and received training in this material. We all found it extremely helpful in equipping us in our ministry to others and it has been passed along to many others. More than 11 years later I still find the material beneficial in my personal ministry and as I equip others to minister. The material is as relevant and helpful today as it was then. Most importantly it equips one to develop strategies and skills for managing stress in a life giving manner.

All Stressed Up and Everywhere to Go! Sample

—**Wayne Cone, Pastor of Pastoral Care, Cypress Bible Church**

Gaylyn and Ken remind us that life without stress is no life at all. This book is the best material I have found on handling stress. The principles are solidly Biblical. They are born out of real life experience facing stress. This is a book that I will encourage all of our missionaries (in TEAM) to get and work through. I am grateful for this new resource that they can use. Thank you again for this book and the potential it has to help missionaries and many others with their stress.

—**Steven G. Edlin MA LCPC MFT, Counseling Director, TEAM**

When Dr. Ken Williams shared this material, a light came on. For the first time many of our workers had some effective tools to help them deal with the very considerable stresses that cross-cultural service inevitably involves. I am thrilled that Ken and Gaylyn have teamed up to make this material available in book form. I commend the book to all who are involved in Christian service, however, every believer would benefit from this material.

—**Frank Hoskin, Director, Wycliffe Bible Translators Australia**

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Other Books by the Author

Battlefield Strategies for Every Believer

A Biblical Guide to Spiritual Warfare

Do you feel confused, overwhelmed, fearful or defeated?

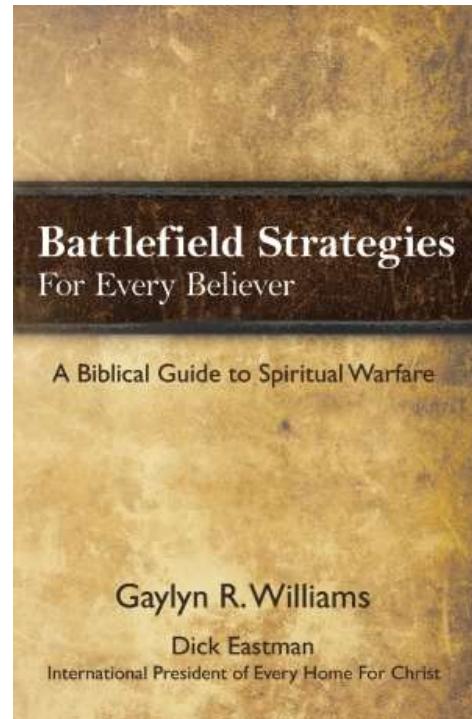
Uncover simple ways to overcome Satan's strategies and embrace God's victory.

God has already won the war against the enemy and gave us our handbook with the winning strategies—the Bible. The enemy comes to steal, kill and destroy, but Jesus came to give us a rich and satisfying life (John 10:10).

This easy-to-apply exploration of spiritual warfare will prepare you to

- Overcome anything hindering you from success in your life
- Expose the devil's playbook and render his tactics powerless
- Protect yourself and your family with powerful, strategic prayers
- Exchange bondage for the freedom Christ purchased on the cross
- Demystify the enemy and spiritual warfare biblically and effectively

This biblical guidebook empowers you to successfully block Satan's assaults today and every day. It is filled with Scripture, Bible study questions and proven principles, inspiring individuals and small groups to live victorious lives.



You'll discover greater power and authority as you focus on God rather than Satan.

From Forward by Dick Eastman, International President Every Home for Christ (and President of America's National Prayer Committee)

"In encountering *Battlefield Strategies*, I was struck by the fact that these very practices—the prayer strategies I've been using in my personal prayer life as well as in the EHC ministry—are just what Gaylyn Williams describes as "battlefield strategies" for victorious spiritual warfare. *Battlefield Strategies* is practical and engaging, with biblical insights woven together by an author who has faced her own share of difficult battles and emerged victorious in Christ. Gaylyn's humor and willingness to share from her heart and life will surely encourage you as you learn to walk in victory. Most of all, I am impressed by *Battlefield Strategies* because of its holistic approach and its clear focus on Jesus. Gaylyn thoroughly explores what the Bible has to say not just about spiritual warfare, but about every aspect that relates to our participation in it."

All Stressed Up and Everywhere to Go! Sample

Keys to Joy

How to Unlock God's Gifts of Lasting Happiness

co-authored with Ken Williams, Ph.D.

Discover Thirteen Surprising, Proven Secrets To Unlock Your Joy!

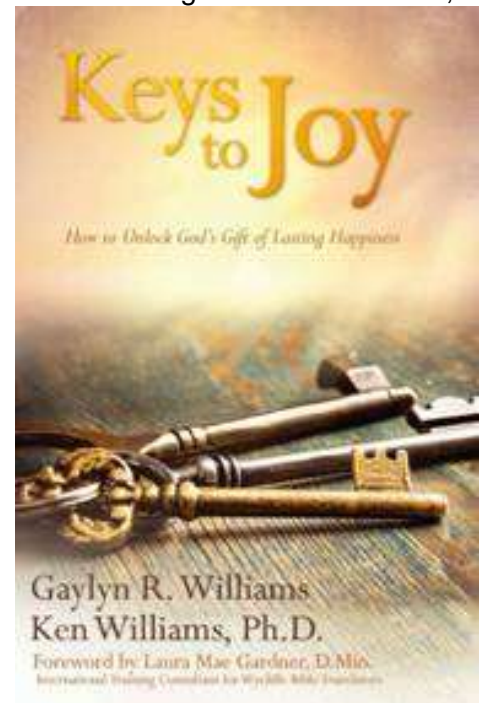
Experiencing joy is a natural—but often elusive—part of Christian living. The hurts of life, unhelpful habits and unhealthy attitudes all lock out joy for many believers. And it remains locked until they take action to open it up.

Keys to Joy not only shows you the door, but gives you the keys you need to usher yourself daily into the full, lasting joy God offers. You'll discover how to:

- Climb to new heights of joy in your relationships with God, family and others.
- Replace worry and fear with peace and contentment.
- Demolish unhappiness, misery and discouragement.
- Eradicate anything that locks joy out of your life.
- Transform trials into stepping stones.

In this practical, life-changing Bible study, you'll uncover strength and encouragement for your difficult times through the authors' powerful stories of God's joy in sufferings. Each daily study includes Scriptures with questions to contemplate and grow in your relationship with God. They are designed to empower you to experience the full joy God has for you.

Keys to Joy is for individuals, couples or small groups, and includes a leader's guide for group study. It provides the biblical understanding and life patterns you need to live joyfully regardless of your struggles. Once you've opened the door to joy, you'll know how to assure it's never shut again.



“John records a wonderful statement made by Jesus, ‘I have told you these things so that you will be filled with my joy. Yes, your joy will overflow!’ (John 15:11 NLT). Jesus wants our joy to overflow. What are these things that Jesus spoke of? In this book, *Keys to Joy*, Ken and Gaylyn Williams, the father/daughter writing team, do us a favor by reminding us of the things that lead to joy in the Christian life. Based on the study of God's Word, the contents of this book will lead the reader to a greater sense of who God is, and a deep abiding peace in the One who loves us and wants a relationship with his children.”

—**Bob Creson, President/CEO of Wycliffe Bible Translators USA**

All Stressed Up and Everywhere to Go! Sample

The Surprising Joy of Exploring God's Heart

A Daily Adventure with 365 of His Names

Embark on a Life-Changing Adventure!

Do you long to fall deeper in love with God? Would you like to come into His presence in new and fresh ways? In as little as five minutes a day, enhance your intimacy with God as you explore His names.

This powerful, daily devotional and journal will help you:

- Discover new insights into your awesome God.
- Experience comfort, strength and hope from understanding God's character.
- Expand your vision for God's power, majesty and greatness.
- Enjoy a growing passion for God through praise and worship;
- Transform your prayer life and strengthen your faith.

This unique treasure contains 365 names of God directly from the Bible. Uncover daily encouragement as you dig deeper into who God is and how He relates to you personally.

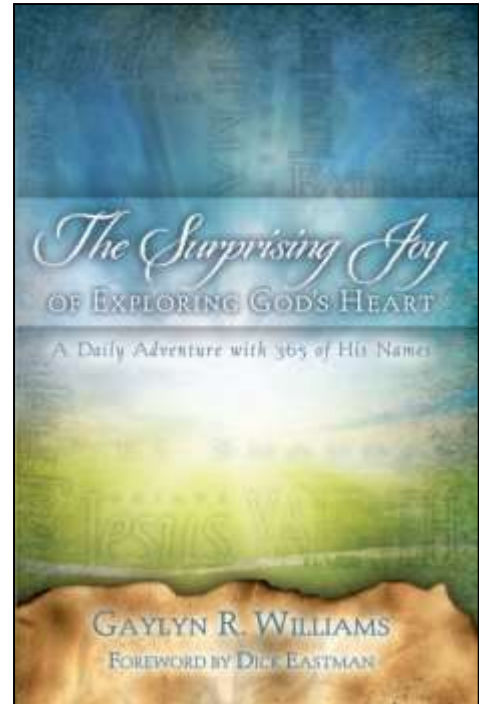
Individuals, couples, families and small groups can use this simple, yet powerful tool to climb to new heights in your relationship with God and others. You'll be forever changed as you get to know God in new ways.

"In this series, Gaylyn Williams has done a remarkable job of identifying and explaining the various names God uses to describe Himself. Meditating on these names, one day at a time, will help us to know God more intimately."

—*Jerry Bridges, Author of twelve books, including, Trusting God*

"Knowing the names of God is to know the heart of God. Gaylyn helps us know God better by revealing his character and nature. Take the time to read this book and you will be changed."

—*Gary Wilkerson, President, World Challenge and Lead Pastor, The Springs Church*



This devotional has an accompanying journal.

All Stressed Up and Everywhere to Go! Sample

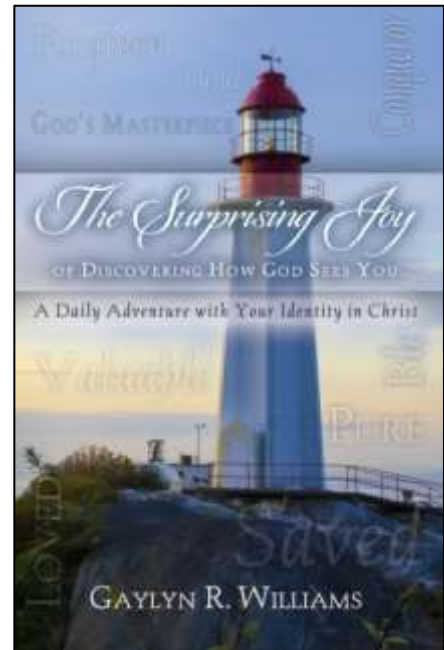
The Surprising Joy of Discovering How God Sees You

A Daily Adventure with Your Identity in Christ

Many people devote their lives to seeking love and approval from their relationships, possessions, career or appearance. True love and acceptance can only be found in God when you understand and believe what He says about you.

This unique treasure, revealing 365 truths about how God sees you, will:

- Enable you to grasp God's image shaped in you
- Change how you live your life as you experience more of God's love
- Empower you to reach your full potential and recognize your great worth in God's eyes
- Increase confidence, understanding and acceptance in your life and relationships
- Stimulate an awareness of the power and authority in your life
- Encourage discovery of your destiny—what God created you to do



Uncover daily encouragement as you dig deeper into Scripture, discovering what God says about you. These devotional studies contain powerful Bible verses, personal illustrations, relevant prayers, thought-provoking questions and challenging meditations.

You'll be forever changed as you discover your true identity in Christ. This life-changing book will inspire pastors preparing sermons; small groups desiring a unique study; college and seminary students doing research; ministry leaders communicating God's love to those they serve; individuals, couples and families wanting to better understand themselves and others.

"I highly recommend Gaylyn's treasures taken straight from the Scriptures! Gaylyn's compilation of the Word of God with applications on 'How God Sees You' is vital for each of us. As you and I spend daily time in this resource, we will be reminded afresh of who we are in Christ. The result will be evidenced in our lives by greater cleansing, intimacy and power with our Lord. You will relish the time you spend sitting with Him and pondering these passages and principles. Get ready for wonderful times of refreshing from the Holy Spirit!"

—**Camilla Leathers Sebolt. Former Executive Director for Community Bible Study (1997–2013)**

This devotional has an accompanying journal.

All Stressed Up and Everywhere to Go! Sample

2031 Names of God

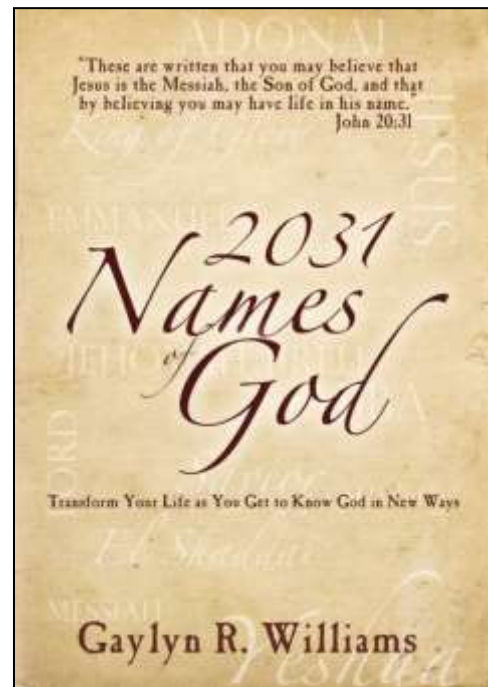
Transform Your Life as You Get to Know God in New Ways

Enhance Your Intimacy with God as You Explore His Names

Do you long for know God better? This simple, yet powerful book will help you:

- Experience the fullness of your awesome God through His names revealed in his Word;
- Come into God's presence in new and fresh ways;
- Discover comfort, strength and hope from understanding God's character;
- Expand your vision for God's power, majesty and greatness;
- Enjoy a growing passion for God through praise and worship
Transform your prayer life and strengthen your faith.

This unique treasure has 2031 names of God directly from the Bible, along with Scripture references and over 400 Greek or Hebrew names. Uncover daily encouragement as you dig deeper into who God is and how He relates to you personally. You'll be forever changed as you get to know God in new ways.



This life-changing reference book will empower:

- Individuals, couples and families wanting to grow in their relationship with God
- Small groups desiring a unique study
- Pastors preparing for sermons
- College and seminary students doing research for classes

Missionaries and others in ministry seeking to maintain their love for God in difficult situations

“We serve an amazing God! Understanding and appreciating the character of the Lord is the beginning of knowing who we are in Him. In Gaylyn Williams’ *2031 Names of God*, she explores and uncovers who God is by examining the 2031 names given to the Lord. As a military retiree who spent 30 years serving my Nation and my Lord, how refreshing it will be to those who serve to discover in a more intimate way the Lord they serve through this journey Gaylyn will take you on.”

—**Brig General David B. Warner, USAF (Ret.), Executive Director, Officers’ Christian Fellowship**

All Stressed Up and Everywhere to Go! Sample

Never Do Fundraising Again

A Paradigm Shift from Donors to Lifelong Partners

co-authored with Ken Williams, Ph.D.

In this practical, biblical book you will discover how to:

- Convert one time gifts into lifetime support;
- Experience the amazing power of gratitude to motivate people
- Employ effective communication skills—both written and verbal;
- Transform the stress and drudgery of fundraising into a joyful ministry;
- Utilize proven strategies to spend less time, effort and money to maintain full support;
- Cultivate life-long ministry partners *and* close friends;
- Inspire your partners to become your best recruiters for more support;
- Enjoy freedom from worry about your financial needs.

Never Do Fundraising Again contains over 200 pages of proven strategies and skills for building and maintaining your support. It is filled with powerful stories from the authors' lives and others who are using the biblical principles.

This book is written by Ken and Gaylyn Williams, a father/daughter team with over 85 years' experience (combined) as supported missionaries. Gaylyn, as well as Ken and his wife Bobbie, served with Wycliffe Bible Translators.

“An outstanding book, applying Biblical principles to partner development.”

—**Ken Royer, D.Min., Director of Pastoral Care, Link Care Center Fresno, California**

“This book reflects our core belief about the types of relations needed for sustainable, effective work (and life in general). Thanks for helping us understand resource realities (finances) in light of relational resiliency (friendships). Your use of metaphors, examples, Scripture and suggestions really help to make the material practical.”

—**Dr. Kelly O'Donnell and Dr. Michèle Lewis O'Donnell, Consulting Psychologists, Member Care Associates, Inc.**

