

This Acts 6 Strategy Will Relieve Your Stress

Kyle Winkler cautions believers to make sure that you are doing the work God has truly called you to—and not stressing yourself out with things He has not placed before you. In a sermon, he uses Acts 6 as an example of this principle in action.

Winkler says Acts 6 highlights a moment when the church was growing—and like anything that grows quickly, some things began falling through the cracks.

“The Bible says that discontentment was arising, and that’s what happens,” Winkler says. “So the 12 apostles got together, and they said, ‘Okay, we cannot be faithful to our responsibility of teaching and praying and also be serving tables.’ So look what they did here. Acts 6:2-4: ‘So the Twelve called a meeting of all the believers. They said, “We apostles should spend our time teaching the word of God, not running a food program. And so brothers, select seven men who are well respected and full of the Spirit and wisdom”’ and let them do it.”

As a result, Winkler says, the early church grew and became successful.

“The church grew, [and] their spiritual lives grew whenever they learned to stay within what God had asked and tasked them to do,” Winkler says. “Feeding people was a good thing, but it was not their God thing. So maybe you need to ask yourself, and I have to ask myself this on occasion: ... ‘Am I stressed because I’m too involved?’”