

## Why is there so much STRESS today?

If we take God at his word, he says in:

1Peter 5:7 Casting all your care upon him; for he careth for you.

Matthew 11:28 Come unto me, all ye that labour and are heavy laden, and I will give you rest.

This means that we are to give him ALL our problems, (which is or can be stress) because he knows that we can not carry the burden. It took the CROSS so that we, through Christ can claim what he died for. You say What was that? The price paid through his shed blood is: #1 But he was wounded for our transgressions, #2 He was bruised for our iniquities: #3 the chastisement of our peace was upon him; #4 and with his stripes we are healed. 6\* All we like sheep have gone astray; we have turned every one to his own way; and the LORD hath laid on him the iniquity of us all.

#1/ The first is our transgressions - Salvation or reconciliation to God the father. (Isaiah 53.5&6) You can have an intimate relationship With God. (not just head knowledge)

#2/ The second is is our iniquities - immoral or grossly unfair behavior

#3/ The third is the chastisement for our peace - He was beaten for our PEACE #4/ He was beaten with the cat-n-nine tails - for our healing

Below is a lesson given to a group of secular workers on STRESS

A lecturer when explaining stress management to an audience, raised a glass of water and asked 'How heavy is this glass of water?'

Answers called out ranged from 20g to 500g.

The lecturer replied, 'The absolute weight doesn't matter. It depends on how long you try to hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance.

In each case, it's the same weight, but the longer I hold it, the heavier it becomes.' He continued,! 'And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on. '

'As with the glass of water, you have to put it down for a while and rest before holding it again.

When we're refreshed, we can carry on with the burden.'

'So, before you return home tonight, put the burden of work down. Don't carry it home. You can pick it up tomorrow. Whatever burdens you're carrying now, let them down for a moment if you can.'

Put down anything that may be a burden to you right now. Put it at Jesus feet Don't pick it up again. One of the main everyday differences between the secular world and the Christian one, is the inner peace. Stress should not have any part of a Christians life. Jesus paid the price for all of it.

John 14:27 Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

Philippians 4:7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

BUT for peace, healing, salvation, it's all the same. You MUST first believe then do something, pick it up , claim it, or just plain act upon it.

It's like riding a horse

You can have faith till the cows come home that you can ride A horse, but until you climb on it's back, it's just a thought.

Hope this sheds some light for you.

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