

OVERCOMING STRESS

Stress now contributes to 90% of all diseases.

Half of the visits to doctors are stress related

A survey of 11,500 people showed that three out of four reported severe stress causing anguish, worry, bewilderment, anger, depression, fear and alienation.

Stress is a response from your body to any demand on it. Originally the term came from physics: *the application of sufficient force to an object to distort it.*

Stress comes from the outside the body causing your body to either “fight” (when angry) or “flight” (fear)

Stressors come to us in 4 categories:

1. Factors related to poor diet and poor exercise habits.
2. Vocational factors include career uncertainty, role conflict, too many expectations, loneliness, time management frustrations and many more.
3. Psychological factors related to great life change stressor, loss of a loved-one, divorce, personal injury, illness and many others such as being handed a speeding fine.
4. Spiritual causes of stress may include temptations of all kinds, jealousy of the success of others, anxiety over financial problems, anger and any other way the devil can get at us.

Prevention and Cure.

1. Close communication with God by reading His Word and prayer.
2. Take regular time off. At least 1 day rest from your regular work and duties. On your day off, do something different.
3. Get proper exercise and sleep.

4. Relax and have fun. Even 20 minutes a day is enough to counteract the harmful effects of stress.
5. Be part of a small support or prayer group.
6. Change your thinking. Take a personal audit. Reassess your goals
7. Learn the spiritual principle NOT I BUT CHRIST.

John 20:21, "Again Jesus said, "Peace be with you! As the Father has sent me, I am sending you."

HOW DID THE FATHER SENT HIS SON JESUS?

John 17:20, "My prayer is not for them alone. I pray also for those who will believe in me through their message,²¹ that all of them may be one, Father, just as you are in me and I am in you. May they also be in us so that the world may believe that you have sent me.²² I have given them the glory that you gave me, that they may be one as we are one:²³ I in them and you in me. May they be brought to complete unity to let the world know that you sent me and have loved them even as you have loved me."

THE FATHER AND JESUS HAD COMPLETE UNITY AND ONENESS

The father was working and speaking in and through His Son.

John 12:49, "For I did not speak of my own accord, but the Father who sent me commanded me what to say and how to say it.⁵⁰ I know that his command leads to eternal life. So whatever I say is just what the Father has told me to say."

JESUS CAN DO NOTHING BY HIMSELF

John 5:19, "Jesus gave them this answer: "I tell you the truth, the **Son can do nothing by himself**; he can do only what he sees his Father doing, because whatever the Father does the Son also does.²⁰ For the Father loves the Son and shows him all he does.

John 5:30, "**By myself I can do nothing**; I judge only as I hear, and my judgment is just, for I seek not to please myself but him who sent me."

WE MUST REALIZE THAT WE CAN ALSO DO NOTHING GOOD APART FROM JESUS. We can only sin and develop stress, anxiety and frustration.

John 15:5, "I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; **apart from me you can do nothing**.⁶ If anyone does not remain in me, he is like a branch that is thrown away and withers; such branches are picked up, thrown into the fire and burned.

THE CURE

What's the cure? **Allow Jesus Christ to live His holy and perfect life through you.**

John 8:36, "So if the Son sets you free, you will be free indeed."

Free from stress, frustration and anxiety Matthew 11:28

Free from condemnation Romans 8:1

NOT I BUT CHRIST

Philippians 1:21, "For to me, to live is Christ and to die is gain".

Galatians 2:20, "I have been crucified with Christ and I no longer live, but Christ lives in me.

The life I live in the body, I live by faith in the Son of God, who loved me and gave himself for me."