

'STRESS' IN THE CHRISTIAN WAY OF LIFE (CWL) (Part #1)

Stress can be both an emotional and physical response to excessive demands that challenge both the body and mind.

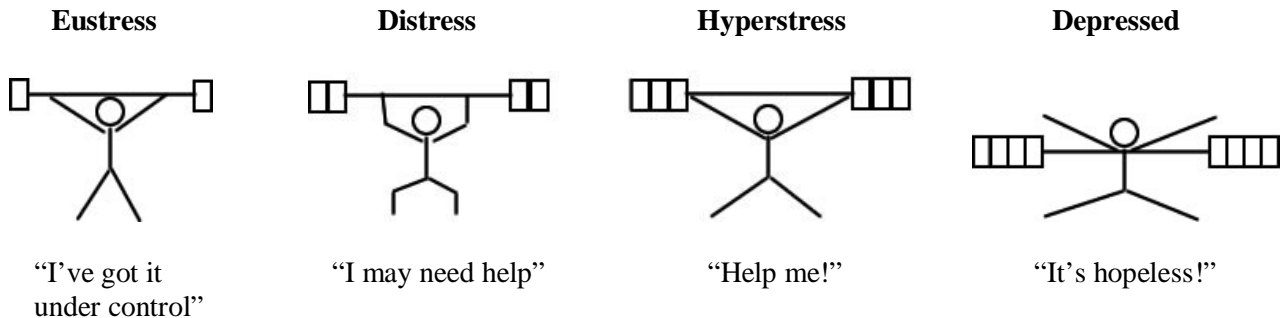
Psychology classifies stress into three categories: eustress, distress, and hyperstress. Eustress is healthy and the other two can be unhealthy if not dealt with properly.

Americans are prime candidates culturally for distress and hyperstress since they are compulsive achievers. Let me ask you, "can you relax mentally and physically when there is a proverbial 1000 things that need to be done?"

- **Please take a moment to answer 24 questions on the Stress Test. (Page #3)**

**This is the first of two lessons on Stress in CWL.
Four aspects of stress in CWL and how to have inner peace amidst stress.**

1. Let me show you how stress progresses negatively in CWL if not dealt with spiritually.



2. Stress is unavoidable in CWL while living in the devil's world (John 16:11; 1 John 5:19-20). But you can overcome it.

"These things I have spoken to you, that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world." (John 16:33)

- Write your name in the blank spaces.

TRUTH:

IN ME (In Christ / New Man Divine Viewpoint)

(YOU) _____ **HAVE** (echo / p.a.subj / 2pl) **PEACE** (Rom.5:1-5; 14:17).

IN THE WORLD (In Your Flesh / Old Man Cosmos Diabolicus Thinking)

(YOU) _____ **HAVE** (echo / p.a.ind) **TRIBULATION** (thlipsis).

COMMAND:

(YOU) _____ **TAKE COURAGE** (tharaeo / p.a.impv.2pl)

PROMISE:

I (CHRIST) HAVE OVERCOME (nikao / perf.a.ind) **THE WORLD** (Ps.18:1-6; 1 Pet.4:12-13, 19).

3. The Bible uses five different Greek words to describe the effects of extreme stress and the impossibility of overcoming it apart from the grace operating assets provided for the CWL.

- Stenochoria (anguish / being squeezed, in a narrow place) (2 Cor.12:9-10)
- Anake (distress) (2 Cor.12:10; 1 Cor.7:26)
- Kataponeo (oppressed / exhausted) (2 Pet.2:7-9)
- Basanizo (tormented) (2 Pet.2:8; Matt.14:24)
- Lupeo (grieve) (1 Pet.1:6-7)

4. It is important to understand that you may not be able to change the circumstances creating the stress but you can keep from internalizing it. You can keep stress from becoming distress, hyperstress, and depression.

You can REST in Christ by “Casting all your anxiety upon Him, because He cares for you.” (1 Pet.5:7)

You can have inner peace “In ME you have PEACE. In the world you have tribulation, but take courage; I have overcome the world.” (John 16:33)

- **Keep the storm of the tribulations of the world outside and keep the peace of God inside**
(Read – Matt.14:22-33).

“Take courage (tharaeo / p.a.impv.2pl), it is I; do not be afraid (me / phobeo / p.a.impv.2pl)” (Matt.14:27). This was given in the midst of failing the storm stress test.

The storm stress test was designed to teach these believers that the object of their faith was word of God as well as the person of Jesus Christ (2 Cor.5:7). Jesus tried earlier to teach them that God’s grace is always sufficient by faith with the feeding of the 5000.

Faith comes by hearing the word of God (Rom.10:17) and goes by trusting God to complete it (Rom.4:21).

“And this is the victory that has overcome the world – our faith.” (1 John 5:4)

**“IN CHRIST YOU HAVE PEACE,
NO MATTER WHAT THE CIRCUMSTANCE!”**

Canadian Mental Health Association - Metro Toronto Branch

Coping with Stress

-What is Your Stress Index?-

Stress can be difficult to understand. The emotional chaos it causes can make our daily lives miserable. It can also decrease our physical health, sometimes drastically. Strangely, we are not always aware that we are under stress. The habits, attitudes, and signs that can alert us to problems may be hard to recognize because they have become so familiar.

How high is your Stress Index? Find out by scoring your answers to the questions below.

DO YOU FREQUENTLY:	YES	NO
Neglect your diet?		
Try to do everything yourself?		
Blow up easily?		
Seek unrealistic goals?		
Fail to see the humour in situations others find funny?		
Act rude?		
Make a "big deal" of everything?		
Look to other people to make things happen?		
Complain you are disorganized?		
Avoid people whose ideas are different from your own?		
Keep everything inside?		
Neglect exercise?		
Have few supportive relationships?		
Use sleeping pills and tranquilizers without a doctor's approval?		
Get too little rest?		
Get angry when you are kept waiting?		
Ignore stress symptoms?		
Put things off until later?		
Think there is only one right way to do something?		
Fail to build relaxation time into your day?		
Gossip?		
Race through the day?		
Spend a lot of time complaining about the past?		
Fail to get a break from noise and crowds?		
TOTAL YOUR SCORE		
(Score 1 for each "YES", 0 for each "NO".		

WHAT YOUR SCORE MEANS: