

'STRESS' IN THE CHRISTIAN WAY OF LIFE (CWL) (Part #2)

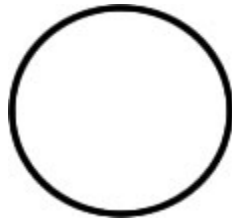
Last week we learned that tribulation stress is unavoidable: “These things I have spoken to you, that in Me you may have peace. In the world you have tribulation, but take courage; I have overcome the world.” (John 16:33)

We also learned last week that stress can be naturally positive (excitement about vacation) or negative in the CWL. However, today we are studying the negative side of tribulation stress.

The issue for the Spiritually Advancing Believer is to not live without stress but to convert it into divine production.

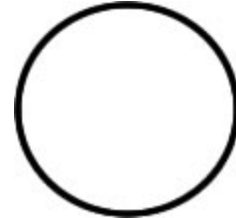
“For this reason also, since the day we heard of it, we have not ceased to pray for you and to ask that you may be filled with the knowledge of His will in all spiritual wisdom and understanding, so that you may walk in a manner worthy of the Lord, to please Him in all respects, **bearing fruit in every in every good work** and increasing in the knowledge of God.” (Col.1:9-10) [rather than distress or hyperstress or depression] **“If you are slack in the day of distress, your strength is limited.” (Prov.24:10)**

1. **You may not be able to change the circumstances or people related to your tribulation (stress) but you must prevent internalizing it (Matt.14:22-33).**



Tribulation in World

John 16:33



Peace in Christ

2. **The Life Stress test is designed to reveal possible illnesses related to unchecked hyperstress.**

Mild illnesses – headaches, muscle tension, acid indigestion, lower back pain, insomnia, alcohol and drug abuse, and family discord.

Serious illnesses – Migraine, peptic ulcers, high blood pressure, coronary diseases, respiratory problems, and serious family conflict.

Caution: You could experience similar symptoms that are caused by other health issues. Be sure to see a physician. Do not be a shade tree medical advisor.

Sometimes it is difficult for a spiritual advancing believer to identify or acknowledge a problem with tribulation stress: “All things are wearisome; man is not able to tell it. The eye is not satisfied with seeing, nor is the ear filled with hearing.” (Eccl.1:8) This test can help you acknowledge tribulation stress problem. Treat the cause and not just the symptoms.

Life Stress Test

(Score 1 point for each yes and then total your score).

- (Y) or (N): I need outside stimulation to feel better (coffee, sweets, sex, TV, alcohol, shopping spree, and achievements)
- (Y) or (N): When I'm on vacation or have some down time, I still need outside stimuli to relax and feel better.
- (Y) or (N): I seem to be on an emotional edge most of the time.
- (Y) or (N): I think and worry about the past and / or future problems a lot.
- (Y) or (N): I don't notice body tensions (jaw, shoulders, back, stomach, head, etc) until I have to slow down.
- (Y) or (N): I feel like the weight of the world is upon me.
- (Y) or (N): I feel tired during the day – I know it's because of stress.
- (Y) or (N): I do things designed to relax myself in a hurry or in a rushed way such as walking or eating.

Total score _____

3. Early detection and application of three problem solving doctrines is important to converting tribulation stress to divine production in CWL. (I will tell you the order I use and why.)

PRAYER:

As soon as I feel stressed or defensive, I immediately turn to prayer (James 1:5). “Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, shall guard your hearts and your minds in Christ Jesus.” (Phil.4:6-7)

I have learned that as soon as I feel stressed or become defensive I have already engaged in worldly, or Old Man Cosmos Diabolicus (OMCD) thinking. (Rom.12:2). This helps orient me to the importance of the indwelling ministry of Holy Spirit's power over the OSN.

WALKING BY MEANS OF THE POWER OF THE HOLY SPIRIT:

This empowers me to disengage the lusts of the flesh (OSN) and to do the things that are pleasing to the Lord rather than to myself (Gal.5:16-17, 22-23). “But put on the Lord Jesus Christ, and make no provision for the flesh in regard to its lusts.” (Rom.13:14)

This helps me orient to the importance of the faith rather than sight guidance in CWL (2 Cor.5:7).

WALKING BY FAITH:

This empowers me to be able to disengage worldly and self-sufficiency thinking. (1 Cor.2:12-13).

“And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what the will of God is, that which is good and acceptable and perfect.” (Rom.12:2)

The faith cycle allows me to engage NMDV and the will of God and puts me into divine production rather than negative stress. “Yet, with respect to the promise of God, he did not waver in unbelief, but grew strong in faith, giving glory to God, and being fully assured that what He had promised, He was able also to perform.” (Rom.4:20-21).

“A tranquil heart is life to the body, but passion is rotteness to the bones.” (Prov.14:30)

“A joyful heart is good medicine, but a broken spirit dries up the bones.” (Prov.17:22)

“If you slack in the day of distress, your strength is limited.” (Prov.24:10)

IN CHRIST YOU HAVE PEACE!