

BRING STRESS UNDER GOD'S SUPERVISION

Kim Kirkland

Men's Retreat

March 29, 2009

To the men who were at the Men's Retreat: I am very sorry that I was not able to share these thoughts with you personally. I greatly appreciate your friendship and fellowship at the retreat and the words on these pages cannot express my thankfulness for your faithful love for Christ and how I desire to encourage it to grow in the grace of the Lord for His kingdom. It is a privilege for me to speak to you. There are many of you I rarely get to see other than at this retreat and I really enjoy your fellowship each year. Thank you for walking faithfully in the Lord. Your sweet spirits encourage me. Thank you for your efforts that are graciously given to make this men's retreat work every year. Remember we are building into the lives of young men that will help them be effective to reach the next generation that will follow us to heaven. In Christ's service with you,
Kim Kirkland

PRAY

Box of **books on stress**. We have a culture full of it. There are a number of common areas in our lives that tend to get stressed.

Relational effects:

Stress **weighs you down, drains your energy, weakens your health**, and invites you to be **cranky**.

It can be brought on by **relational causes: arguing, division, unforgiveness and bitterness**.

There are **excessive causes: overworking, overplaying, and overspending**.

And there are **deficiencies**: Not getting enough **rest**, poor **nutrition**, or **no exercise**.

Often we inflict these things upon our selves and cause ourselves to be irritable and tense by **self inflicted stress**.

Over scheduled with no margin for rest steals our patience and leaves no time to build or nurture relationships.

Medical effects:

Actually, worry, anxiety and stress greatly **effects your heart** and a number of other things. I was reading studies by Dr.

Archibald Heart who said “If you run a high stress life you are **3 times more likely to get heart disease.**”

Any time you carry stress or any kind of anxiety and worry --- you produce a tension that causes you to run on a **low grade adrenalin --- which is the major producer of cholesterol in our bodies.**

We are a **performance oriented culture** and it drives us to be acceptable compared to others. We are usually wrapped into a **time urgency** pattern. We fill up our schedules until we have to run all day on a low grade of adrenalin or a high supply of caffeine --- both cause the system to work faster than normal and if we keep that pace for years --- **it burns us** out and we get heart disease, high blood pressure, strokes, increased cholesterol and just plain wear out sooner.

A little adrenalin for a little while is not bad as long as you follow it by a **rest phase**.

I know right now I’m running on low grade adrenalin that makes my system run faster. It also usually causes my **mouth** to run faster. Tonight I will be extra tired.

On Sundays after I have preached 2 services I need a rest to help my body recover.

Exercise is a tension reliever that is important to put in the mix to keep a healthy balance.

Dr. Heart said studies showed that people with **bitterness** – **unforgiveness, resentment** and **anger** had more tension and stress and had higher levels of low grade adrenalin that deteriorated their health over the long term.

Forgiveness is giving up your right to hurt back. God calls us to forgive as He has forgiven us. It brings peace to our souls instead of tension and stress.

Another area that produces great tension and stress in us is when we **shift our affection and worship from God to some idol.** It could be work, sports, hunting, fishing, computer games, --- you name it --- but you have made it something you want to do more than carrying out God's purposes for your life. As you are in bondage to that idol, you live with stress. We will discuss that more later.

Now: ***The **issue** is, in the kingdom, can we have anxiety and stress free living?

The Scriptures challenge us on this.

[all read]

Philippians 4:4

“Rejoice in the Lord always, I will say it again, rejoice.”

Philippians 4:6-7 (NIV)

⁶ Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

How **inclusive** is “**anything** and **everything**”?

How much **peace** does God have?

What is that peace like? [Transcends understanding]

Do you believe what the Scriptures say?

Are these Scriptures true or not?

Jesus said, "If you know the truth, the truth will set you free."

The **issue** is, in the kingdom, **can we have anxiety and stress free living? These verses say we can.**

Sometimes you may think us pastors just tell you what the Bible says and that we may not experience what we teach in our own lives. I want to assure that is not true in my life and give a little testimony in my own life where God has allowed me to be tested to see if I really believe what I teach.

[Slide of Eva] 32 years ago I married a lovely young lady who has grown much more beautiful through her growth in her love for the Lord.

4 years ago she got cancer and went through treatments and all the fears that cancer brings [this is a battle hard not to stress over]. We have tried hard to put that in God's hands and REST in Him. 3 months ago she started having abdominal pains which tends to want to make her mind run to the worst case scenario.

3 weeks ago we spent a night in the emergency room as I watched her go through more pain than I had ever seen her through as she passed a kidney stone. In that process the doctor found another lump and called for all kinds of serious tests.

Again our minds went to the worst case scenario and since we have a daughter getting married in a few months and Eva in the thick of planning a wedding --- she figured the cancer was back, she would have to have surgery, take killer treatments, loose her hair, be very sick and weak and not be able to help with the wedding and then I would be taking her to the wedding in a wheel chair with a wig and sickness [stressful thinking].

After spending \$8,000 on medical bills in 10 days [definite stress potential under any circumstances and worse with a pending expensive wedding]

The week before last the doctor called us in and told us the lump was not cancerous. My wife **burst** into tears. Might have been some stress release there.

So I want you to know that God has not allowed me to speak on this without making me wrestle with real issues.

First some doctrine and then some practical stress management.

Luke 12:22-34 (NIV)

²² Then Jesus said to his disciples: "Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear.

²³ Life is more than food, and the body more than clothes.

²⁴ Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds!

²⁵ Who of you by worrying can add a single hour to his life?

²⁶ Since you cannot do this very little thing, why do you worry about the rest?

²⁷ "Consider how the lilies grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these.

²⁸ If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you, O you of little faith!

²⁹ And do not set your heart on what you will eat or drink; do not worry about it.

³⁰ For the pagan world runs after all such things, and your Father knows that you need them.

³¹ But seek his kingdom, and these things will be given to you as well.

³² "Do not be afraid, little flock, for your Father has been pleased to give you the kingdom.

³³ Sell your possessions and give to the poor. Provide purses for yourselves that will not wear out, a treasure in heaven that will not

be exhausted, where no thief comes near and no moth destroys.

³⁴ For where your treasure is, there your heart will be also.

Here Jesus tells them they **should not worry**. They **should not be anxious**. In Christ they should have worry, anxiety and stress free living. **Fear free living**.

We think of **heaven** as a place of peace and joy and no fears or worries, but Christ tells us we can have worry and stress free living here and now.

This passage: 3 commands

22 – “Do not be anxious.”

29 – “Do not worry.”

32 – “Do not be afraid.”

With all these we could substitute the word **STOP**. They are all the ingredients for producing stress in our lives.

[Passage parallels Matt. 6:19-30 – John mentioned.]

Jesus gives these teachings repeatedly that we would understand this truth and let it free our lives of worry, anxiety and stress.

Jesus says it is possible to **rise above all the struggles** of this life and have what the apostle Paul calls in Phil. 4:7, the “peace that passes all understanding.”

A peace for which there is no human explanation. This is a peace that can **replace** worry, anxiety, and stress. All of which can be so **debilitating** and **disturbing** and **distracting** from doing what **God has called us to do in the Christian life**.

There are 2 categories in which you can direct your worries, fears and anxieties: Either 1-- **material** – physical and earthly or 2 -- **spiritual** – immaterial and heavenly.

You are an **inner man** and an **outer man**. Physical and spiritual.

Worry and stress can be attached to **both**.

In regard to our material needs, **Luke12:30** “...your Father knows what you need.”

In regard to spiritual needs, **Luke12:32** “...your Father will give you the kingdom.”

So worry and anxiety are unnecessary and they are a result of **ignorance** and or **unbelief**.

Some people worry and are stressed **because they don't know** what God has promised, but more **because they don't believe** what God has promised.

We must come to a **true understanding of who God is** so we can **worship** him – not just in **spirit**, but also in **truth**.

It is critical to know who our God is. So it **is possible** to worry and fret your way through life simply **because you don't know who your God really is**.

If you do not understand the character or nature of God ---

- the **faithfulness** of God --- Has God been faithful all through the Scriptures and done what He said He would do?
- the **commitment** of God ---
- the **purposes** of God ---
- You will have trouble trusting Him for all He has promised for you if you don't know His character.

If you don't know:

- His **glory** --
- His **compassion** –
- His **power** –
- His **greatness** –
- His **wisdom** -- and all the rest ---

Then—if you don't know God --- you will miss that we **REST** [as John said] --in the **promises** of God.

There are many Christians who **do not know what their God is like** and the **level of commitment** he has made to them.

So they live **in fear**. Fear of **circumstances**. Fear of **man**. Fear of **failure**. Fear of **not having their needs met**.

These things are a result of ignorance of who God is and can be dispelled quickly by a little Bible study.

Now – if you do **know** your God and you worry and fret and stress out anyway, this is **not** about **ignorance** – this is about **dis-trust**.

This is **dis- obedience!** This is **sin**.

Remember what John said, “the #1 reason for stress?

DISOBEDIENCE!

To be willfully ignorant is **foolish**, but to be **willfully distrusting** of the God who has revealed Himself – that is a **serious sin**.

So – when you look at your life and you see anxiety and fear and stress – you need to ask --- am I ignorant of Him or do I just not trust Him?

Let’s go back to the basics of why we are not to worry, stress and be afraid and recognize why we do these things.

Worry is a failure to understand God’s priority.

Luke 12:22-23 (NIV)

²² Then Jesus said to his disciples: "Therefore I tell you, do not worry about your life, what you will eat; or about your body, what you will wear.

²³ Life is more than food, and the body more than clothes.

Here is the **point**.

God did not create you **just to survive** – to eat and have cloths.

God did not create you for just some **physical** thing. Your life is to be **far more** than **eating and clothing**.

You must understand the **divine priority**.

If you belong to God and you are in His kingdom, then he has a **plan and purpose** for your life. That is the reason you live and as long as God has a plan for your life --- he will feed and cloth you for as long as you live – until His plan for your life is complete.

So there is **no room** for worry and anxiousness and stress. The priority with God is far more than just surviving. It is far more than just getting 3 good meals a day, some cloths and a roof over your head.

God's purpose is **far more** than **physical** and **earthly**. It is spiritual and heavenly. We were **made to serve his glory**. To **honor Him** and to **proclaim Him** and **bring attention to Him**. To proclaim the gospel and live out the power of the Spirit in the world.

As long as that is **God 's priority**, He will sustain us to the end.

You can and should **work hard** and **be wise** in how you use and save your money. You should be a **good steward** and make **good investments** [if there is such a thing anymore] --- but in the end, it doesn't matter whether you **kept it** or **gave it all away** --- that isn't the reason God put you here.

You are here for a **spiritual reason** and whether you accumulate a mass or give it all away, you are **not going to live a day past God's purposes** for you are done here.

While you are here serving His purpose, He will provide.

On the other hand, if you build lots of bigger barns and accumulate masses, when your purpose for the Lord's kingdom is done here, you're out of here.

If you are understanding those biblical concepts, that kind of thinking tends to make you rich toward God.

That kind of thinking moves you to **focus on building treasure** in heaven.

So worry, anxiety, stress and fear --- **fails to see the divine priority**.

God is always going to be **working with you** to help fulfill that divine purpose.

Here is a key 2nd issue.

Worry, anxiety and stress is a **FAILURE** to understand God's **PROVISION**.

That is to say that **everything** you have **comes from God**. It may come from work, savings, investments – whatever --- but it is from God providing a provision for you.

You may have **applied diligence** and **talent**, but in the end it is God's pledge to you for your provision that sustains you.

Luke 12:24 (NIV)

²⁴ Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds!

Birds have no **spiritual value** other than showing **creative glory** and yet God takes care of all their needs.

They can't sow, reap or store, but God takes care of them.

Now, if **God has a priority for your life** way above them for spiritual purposes --- **can you not trust him for your provision?**

God will sustain you to the point where you **accomplish His purpose.**

So worrying and stressing about life's necessities is a **failure** to **understand God's priority** for you and **God's provision** to make sure that **priority** is completed.

Here is a 3rd point:

Worry and stress is a failure to understand **God's privilege.**

This is why we are to put our **priorities** on **heavenly** things.

Luke 12:25-26 (NIV)

²⁵ Who of you by worrying can add a single hour to his life?

²⁶ Since you cannot do this very little thing, why do you worry about the rest?

This is about **you thinking you control the length of your life.**

If you **can't even add an hour** to your life, what good is it for you to stress out over your body, your food and your clothing and other things the **Lord knows you need** and promises to provide for you?

Our culture is **consumed** with the idea of **long life** and **health fads** to get us their.

God says it is far more about **HOW you live, not how long** you live. But we have made a God out of health and longevity. We put labels on everything to show a graph of percentages so we know about all the terrible things we eat.

Then we have this mega billion dollar food supplement/vitamin industry.

It is **good to seek good health** and to **discipline your body** – and it is good to **avoid the sin of gluttony** --- [particularly on Saturday night at the men’s retreat] -- but you can not add or take away one hour to your life no matter what your health practices are.

You can change the **quality of your health** but not the **quantity of time** of your life. I’m not going to add to my life, but I would like to live my life with a measure of strength to carry out His purposes for me effectively.

Now I can make my life miserable by sin, but the length of my time has been determined by God and I don’t have the power to change it.

Now that I think about it, maybe I should have had another piece of that **steak last night. [PAUSE]

The **point is** you are **not in control** and you might as well not be anxious and stressed over it, but trust in the Lord’s promises to provide.

Jesus said, “Don’t worry about tomorrow, it has enough trouble of it’s own.”

Sailor in WW2, ship sank—picked up by German boat—thrown in hole in the hull—3 days of stress and no sleep. He remembered the Psalm that says, “the Lord never sleeps or slumbers.”

“Lord, there is no reason for both of us staying up all night. You’re not sleeping so I might as well.” He went peacefully to sleep.

Here is the point of **divine privilege**. We are not the determiners of our lives. It is his privilege to determine when we are born. Where we are born --- to whom we are born too. And how long we are going to be here. Worry and anxiety make **no contribution** but to drain us. The **Lord gives**, the **Lord takes away** --- blessed be the name of the Lord. If we are doing His purposes, we have full confidence that He will sustain our life to the end. It is God's privilege to determine when we live and when we die and --how we fit into the advancement of His kingdom.

Here is another area:

4. Worry and anxiety is a **failure** to understand **divine preference**. We live in a culture that teaches evolution and says we are just the most **advanced ape** around in the **evolutionary** process. Now as Christians, we look at everything that God created and there is a huge gap between us created in His image and the rest of creation.

Luke 12:27-28 (NIV)

²⁷ "Consider how the lilies grow. They do not labor or spin. Yet I tell you, not even Solomon in all his splendor was dressed like one of these.

²⁸ If that is how God clothes the grass of the field, which is here today, and tomorrow is thrown into the fire, how much more will he clothe you, O you of little faith!

[Show purple flower on screen.]

These flowers didn't work to get this beauty, but God provides it. Even Solomon --- who had it all --- in all his glory never dressed as good as these flowers.

If God provides for these things of no spiritual value --- how much more will He provide for us.

We have so little faith and trust in His promised provision. We stress and worry because we don't trust His care for us.

God has given divine preference to us-- His children and the specific purpose to take care of us is so much greater than these flowers.

He puts such lavish beauty on a flower that quickly fades and is thrown into the fire, will He not so much more take care of His **children with their eternal purposes?**

Fear, worry, anxiety and stress are about a lack of faith and trust. "...how much more will he clothe you, O you of little faith!"

When Jesus is sleeping in the boat during a storm and his disciples are --- we will say – stressed out – and then he calms the storm. He says to them, "O you of little faith." Don't you guys think I am going to take care of you. You're my disciples and I have a kingdom purpose for you to fulfill. I'm the king of the universe, I'm not going to let you drown.

Won't you trust me to take care of you?

Jesus says, "If you **know my promise** and you know my **power** and you still don't trust me, then you have a sin problem."

Do you not trust my **knowledge**? Do you not trust my **wisdom**?

Do you not trust my **compassion** and **faithfulness** for you?

What about me do you not trust?

If you have fear, worry, anxiety and stress problem, then you don't trust me. You are not acting of faith and it is sin.

**Can you agree with me that He is worthy of our trust?

We are called here to **NOT live** as though God has no promises or power that we can trust in --- but instead live with hope and faith and trust and peace and joy regardless of the circumstances.

We have a God who knows our situation and will take care of us. So God's preference is that He holds us in personal preference over anything else that He has created.

5. Worry is a failure to understand **God's paternity**.

Luke 12:30 (NIV)

³⁰ For the pagan world runs after all such things, and your Father knows that you need them.

This applies to all **who are His children by faith in Christ**.

This is in **contrast** to all the rest of the people in the world who do not believe but seek after these things.

If you are not **of** God, you are of the Devil and he does nothing good for you or does not give you any benefits.

Pagans receive some **shared common grace** as “the rain falls on the just and the unjust”, but they have no promises from our heavenly father to give them all these worldly things they seek after as He promises to provide for His children.

Their lives are **all about survival** because they are dead to God, but our lives are about carrying out God's purposes and He promises to provide for us while we carry them out.

“But our Father knows that we need them and promises to provide.”

Luke 12:31 (NIV)

³¹ But seek his kingdom, and these things will be given to you as well.

You want to be free from worry, anxiety, fear, and stress --- don't focus on the things of this world --- your heavenly Father knows you need them --- **you just SEEK Him and His kingdom** --- and all these things will be given to you.

The dominant enterprise of the world is food, clothing, health, money, etc. --- but yours is to be the purposes of the kingdom of God.

Psalms 34:6-10 (NIV)

⁶ This poor man called, and the Lord heard him; he saved him out of all his troubles.

⁷ The angel of the Lord encamps around those who fear him, and

he delivers them.

⁸ Taste and see that the Lord is good; blessed is the man who takes refuge in him.

⁹ Fear the Lord, you his saints, for those who fear him lack nothing.

¹⁰ The lions may grow weak and hungry, but those who seek the Lord lack no good thing.

Let's turn a corner from doctrinal to practical.

What are some areas where we get side tracked into stress?

Another area that becomes stressful and drains us is when we are not coping well with some area of life and we start to **self medicate** with things like alcohol, drugs, gambling, pornography, sex, work or play.

These things place us in bondage and cripple our spiritual relationship with God. They suck up our time energy and resources – and then steal all our joy. You **can't live at peace** with God and **be in bondage to an idol.**

As Christians we inherently know it is wrong and we live secretly in shame and it drains us.

Proverbs 5:21-22 (NIV)

²¹ For a man's ways are in full view of the Lord, and he examines all his paths.

²² The evil deeds of a wicked man ensnare him; the cords of his sin hold him fast.

In Psalm 32:1-5 King David is hiding his sin and it is draining him until the prophet Nathan confronts him and he confesses.

Psalms 32:1-5 (NIV)

¹ Blessed is he whose transgressions are forgiven, whose sins are

covered.

² Blessed is the man whose sin the Lord does not count against him and in whose spirit is no deceit.

³ When I kept silent, my bones wasted away through my groaning all day long.

⁴ For day and night your hand was heavy upon me; my strength was sapped as in the heat of summer. Selah

⁵ Then I acknowledged my sin to you and did not cover up my iniquity. I said, "I will confess my transgressions to the Lord"-- and you forgave the guilt of my sin. Selah

If you are worrying, anxious and stressed --- THEN --

You don't know who God is and **ignorantly** don't **trust** Him.

OR ---You know who the Lord is and **rebelliously** don't trust Him.

Then you are left to do things on your own strength and know that you really can't.

When you turn to an idol and get in bondage to it, you lose your joy because you are out of fellowship with God. It saps the energy out of you and gives you the opposite of what you were thinking it would do for you in the first place.

You live with guilt and shame and worry and anxiety and stress that you will be found out.

Because you are walking in the flesh on your own strength, you don't have the power to beat the habit even if you want to.

As David did, we must repent and confess our sin and be forgiven and have the joy of our salvation restored. [Ps. 51]

SEEK HELP

Get in a small group of men who can and will come along side you. Ones you can safely confess your sins to, but ones who will call sin—sin. Ones who will pray with you and for you.

Stress Busters

Healthy stress management:

Be **proactive** in addressing **relationship conflicts**.

Colossians 3:12-14 (NIV)

¹² Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

¹³ Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you.

¹⁴ And over all these virtues put on love, which binds them all together in perfect unity.

Hebrews 12:14 (NIV)

¹⁴ Make every effort to live in peace with all men..."

Be **proactive** in **praying** through your stress, worries and anxieties.

Philippians 4:6-7 (NIV)

⁶ Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Be **proactive** to **delegate** when you are over worked.

Exodus 18:17-23 (NIV)

¹⁷ Moses' father-in-law replied, "What you are doing is not good.

¹⁸ You and these people who come to you will only wear yourselves out. The work is too heavy for you; you cannot handle it alone.

¹⁹ Listen now to me and I will give you some advice, and may God be with you...”

Establish God’s priorities.

Be **proactive** to seek **balance** in your activities.

Proverbs 25:16 (NIV)

¹⁶ If you find honey, eat just enough-- too much of it, and you will vomit.

When we over do or over indulge in some area, it causes conflicts - -- particularly at home. Us men are prone to turning hobbies into hang-ups. I am a serious culprit who has taken a good thing that God has given us to enjoy and moved it into an idol category. Golf, tennis, skiing, snow boarding, biking, computer games, fishing and hunting.

The moment we move it from something God gave us to enjoy to an idol, it produces stress in our lives.

[pictures: cougar, bear, elk, deer]

To much of a good thing becomes relational stress. AMEN?

***So – the solution is to get your wife involved in your idol.

[pictures: Eva with her bear, elk]

Another area of great stress among Christians in our culture is the failure to honor God’s command of taking a weekly **SABBATH REST**.

We are commanded by God to have a **Sabbath rest day each week**. A time to be still before God. A time to refocus and recharge. This gives you margins and places cushions between you and your pressures.

This allows you to regularly reduce the stress that keeps you on edge.

Another significant issue causing stress is **SELFISHNESS!**

Matthew 12:34 (NIV)

^{34b} “...For out of the overflow of the heart the mouth speaks.”

There is a saying: Some people are like **lemons** – when life squeezes them, they pour out a sour response.”

Selfish actions come from a life focused on self.

Selfish words and actions come from a **heart** that is focused on pleasing self and not having God’s purposes as a priority.

Anger is most always an **indicator** of a hidden area of selfishness or self-focus that is not getting what it wants.

Where love is to rule in the Christians heart, when selfishness is controlling it produces anger [James 4:1-3] and bitterness [Eph. 4:31] and greed [I Tim. 6:9-10] and lust that is a selfishness that produces unfaithfulness.

Then there is selfishness motivated by pride and insecurity that acts harshly to protect our ego and reputation.

Those things keep us down in the “stressful pit”, but God is faithfully always right there to offer His forgiveness and willing to lift you out and continue to walk down that path of freely serving Him.

[Art work on white board. List the stresses that lead you into the stress pit. Then list the promises of God to us. Tell the changes Christ’s love makes when we surrender to trusting Him with our lives and with our daily lives.

God is always there. We are the ones who turn away.

Philippians 2:1-5 (NIV)

¹ If you have any encouragement from being united with Christ, if any comfort from his love, if any fellowship with the Spirit, if any tenderness and compassion,

² then make my joy complete by being like-minded, **having the same love, being one in spirit and purpose.**

³ Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves.

⁴ Each of you should look not only to your own interests, but also to the interests of others.

⁵ Your **attitude** should be the same as that of Christ Jesus:

When you replace selfishness with Christ's love in your heart, it helps you move from focusing on self to trusting what Christ did for you on the cross.

Christ's Love will lead you to forgive instead of holding a grudge and being bound up in bitterness and have the bitterness regularly defile those around you.

Christ's Love will lead you to be thankful and grateful instead of greedy and stressed over what you don't have.

Christ's Love will lead you to be content instead of rushing into more debt that adds stress.

Christ's Love will fill you with peace so you don't lay awake at night stewing with anger and jealousy and envy.

Christ's Love reminds you to prioritize your family, rather than sacrifice them for a promotion at work.

As you fill yourself with Christ's love, it guides each decision that ultimately lowers your stress level and helps you walk in love, joy, peace, patience, goodness, kindness, gentleness and self-control.

Then you are motivated to use your life to serve Him and carrying out His purposes and using your life for furthering God's kingdom.

You then rest in God's promises. You have peace and comfort in trusting in His provision for your needs.

Show on drawing how God is waiting to lift you from the pit and to walk with you and guide you in stress free living as you delight in serving Him where ever He has you right now.

The end result will be a life spent building on God's kingdom and being used to draw people into eternity.
A life spent on eternal things and at the end Christ's saying, "Well done good and faithful servant."

Pray and song: How great is our God