

When you are living under the gun

Years ago there was nothing much heard about the word stress but with the world moving faster and faster and schedules and expectations growing at alarming rates, we hear more and more about this word.

Are you stressed out in your life tonight? If so let's stop and catch our breath and take some medicine so we can de-stress and get ready for the rest of the week and the weeks to come.

A. Laugh

It is sad to listen to children and hear their laughter and then be around a bunch of adults who have forgotten how to laugh. People seem to take life too seriously.

Question: What is there about life that is so serious that we can't take time to laugh somewhere along the way.

Thought: Did you know that people grow old, not from playing, but because they quit playing. With play comes laughter.

Proverbs. 17:22 says *A cheerful heart is good medicine, but a broken spirit saps a person's strength.*

Proverbs. 15:13 reminds us that *A glad heart makes a happy face; a broken heart crushes the spirit.*

Question: Is your joy in the Lord so bound up with stress of living an empty life trying to accomplish something, that you can't express it and enjoy the life he has given you?

Maybe you just need to spend some time laughing while you look at old pictures for example. You mean I used to look like that!!!! That's enough to make anyone laugh.

B. Don't worry

Question: Did you know that they have found out why worry kills more people than work does? The reason is, more people worry than work.

I Peter 5:7 *Give all your worries and cares to God, for he cares about what happens to you.*

Matthew 6:34 *"So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.*

Thought: Someone noted that, the man yesterday who worried about tomorrow isn't here today.

Philippians 4:6,7 says *Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will guard your hearts and minds as you live in Christ Jesus.*

Thought: As someone humorously noted, worry doesn't give you anything but wrinkles, which is just something else to worry about.

C. Have a thankful attitude

In Philippians 4:11 Paul wrote, *Not that I was ever in need, for I have learned how to get along happily whether I have much or little.*

Thought: Did you ever stop to think that if all of us had everything we wanted we wouldn't have enough places to keep it, which would simply result in more stress.

I Thessalonians 5:18 says *No matter what happens, always be thankful, for this is God's will for you who belong to Christ Jesus.*

Did you ever stop to think that if we were always thanking we wouldn't have time to worry and be stressed out.

Question: What do you have to be thankful for?

D. Discipline our mouth

This simply means that we need to think before we speak and don't waste our energy and get stressed in the process by spreading gossip, criticizing, grumbling, and negative thinking.

Thought: Busy people don't have time to be busybodies.

Don't waste your energy and live in stress by continually looking at the negative side of things.

Thought: A pessimist is one who feels bad when he feels good for fear he will feel worse when he feels better.

Psalm 34:13 says *Then watch your tongue! Keep your lips from telling lies!*

We tell lies about God when we look at the negative all the time, because God is never taken backward through anything we do. He is a positive, progressive God and not a negative God and we only add to our stress to think other wise.

E. Choose to release bitterness and resentment

Bitterness and resentment are very stressful.

Thought: Did you know that the more you grow up, the less you blow up, and not blowing up because of bitterness and resentment is a great stress reliever.

You see, no one is able to stand up indefinitely under the weight of carrying a grudge. So why not release that bitterness, resentment, and accompanying stress?

Asking for forgiveness for what has been said, thought, and done in our moments of stress and we will find that in the process our stress level will lessen

Ephesians 4:26; 31,32 says "don't sin by letting anger gain control over you." Don't let the sun go down while you are still angry, Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of malicious behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

In closing we see that we do not have to live under the gun. The key though is that the only way for us to achieve this is for us to do it God's way.

We need to confess our faults, sins, negative attitudes, anger, worry and resentment, the things that keep us stressed out, and decide that instead we want to be able to laugh more as we go through life.

Saying father I am tired of being stressed out. I am tired of being tired, irritable, angry, I am tired of being short with people and family, Tired of acting like a grouch with church friends, Tired of being tired when going to work and when I come home. Lord I am just tired of being tired so please forgive me and help me to be an optimist, because this pessimism is literally killing me.

Remember: There is no such thing as pessimistic thoughts of bad weather, just different kinds of good weather so you see, that is one less thing to be stressed over.

Final Thoughts: Rather than living under the load of stress on your journey through this life why not let Jesus be the burden bearer to carry that stress for you? You can do that by understanding, believing, and following the directions in the next few lines.

Realize you are a sinner Rom. 3:23

Understand that the payday for sin is death or eternal conscious separation from God. Rom. 6:23a

Know that there is a way of escape for you. Rom. 6:23b and Jn. 1:12

Desire to escape and pray this or a similar prayer.

"Dear God, I know I am a sinner. I am truly sorry for my sins, and I confess them all to You [name them]. Lord Jesus, forgive all my sins and come into my heart as my Saviour and Lord. I receive You right now. Help me from this time forward to live for You. Thank You for hearing and answering my prayer. In Jesus' name. Amen."

On the _____ day of _____ I became a Christian by inviting Jesus Christ into my life to forgive my sin.

Signed: _____

If you have further questions or have chosen to do this, be sure to let us know so we can help you, pray for you and encourage you in your new life.

You can reach us at lapeerchurch@gmail.com Subject line: (Salvation)