

Stress Busters

Sermon/Study by Brice Crow

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Good morning all, how are you this warm day. I think I speak for a lot of us when I say that it has been a really busy week. Not enough time and too much to do in it. But we made it to this day to worship and listen to what Our God has brought to us.

Remembering back when I said that an emotion will affect a body unnoticed, till it is too late if we don't correct it by bringing it out? Like a byte in a computer it can wreck havoc on what is normal by interfering with the normal flow, slowing everything down and sometimes redirecting it. Let it out; go to the one who can help. Why do we worry?

Did not Jesus say "*I have overcome the world*"? **John 16:33**

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

In today's world we have many forms of problems that arise, if you let them, we call them STRESS. Stress is the loose byte that get in and be the monkey wrench that in the works. Here one explanation of stress.

Stress

A lecturer when explaining stress management to an audience, raised a glass of water and asked 'How heavy is this glass of water?' Answers called out ranged from 20g to 500g. The lecturer replied, 'The absolute weight doesn't matter. It depends on how long you try to hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case, it's the same weight, but the longer I hold it, the heavier it becomes.'

When we hold in problems it is not the weight of the problem, but the time we try to not deal with it, or get help, that makes it unbearable. Our emotional condition can and will make us sick, sick and tired and ready to give up.

He continued, 'And that's the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on. "As with the glass of water, you have to put it down for a while and rest before holding it again.'

Did not Jesus say? in **Matthew 11...**

28 “Come to me, all you who are weary and burdened, and I will give you rest. 29 Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For my yoke is easy and my burden is light.”

When we're refreshed, we can carry on with the burden.' 'So, before you return home tonight, put the burden of work down. Don't carry it home. You can pick it up tomorrow. Whatever burdens you're carrying now, Let them down for a moment if you can.' So, my friend put down anything that may be a burden to you right now. Don't pick it up again until after you've rested a while. Asking God to carry your problems, burdens will give you rest, but as humans we sometimes forget to ask God to help us.

Hebrews 13:5-6

5 Keep your lives free from the love of money and be content with what you have, because God has said, “Never will I leave you; never will I forsake you.” 6 So we say with confidence, “The Lord is my helper; I will not be afraid. What can mere mortals do to me?”

1 Peter 5:6-7

6 Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time. 7 Cast all your anxiety on him because he cares for you.

Philippians 4:5-8

5 Let your gentleness be evident to all. The Lord is near. 6 Do not be anxious about anything, but in every situation, 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.

8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

[Here are some great ways of dealing with the burdens of life:](#)

- * Accept that some days you're the pigeon, and some days you're the statue.***
- * Always keep your words soft and sweet, just in case you have to eat them.***
- * Always wear stuff that will make you look good if you die in the middle of it.***
- * Drive carefully. It's not only cars that can be "Recalled" by their maker.***

- * If you can't be kind, at least have the decency to be vague.*
- * If you lend someone \$20 & never see that person again, it was probably worth it.*
- * It may be that your sole purpose in life is simply to be kind to others.*
- * Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.*
- * Nobody cares if you can't dance well. Just get up and dance.*
- * Since it's the early worm that gets eaten by the bird, sleep late.*
- * The second mouse gets the cheese.*
- * When everything's coming your way, you're in the wrong lane.*
- * Birthdays are good for you. The more you have, the longer you live.*
- * You may be only one person in the world, but you may also be the world to one person.*
- * Some mistakes are too much fun to only make once.*
- * We could learn a lot from crayons... Some are sharp, some are pretty and some are dull. Some have weird names, and all are different colors, but they all have to live in the same box.*
- * A truly happy person is one who can enjoy the scenery on a detour.*

Have an awesome day and know that someone has thought about you today...! did. But more important is that the “**Father, Son and Holy Spirit** always thinks about you, every moment, every breath. Who’s got your back?