

OVERCOMING STRESS

What is stress?

Where did it come from?

What are the result(s) of stressful life?

How do we overcome stress?

Definition: “a specific response by the body to a stimulus, as fear or pain, that disturbs or interferes with the normal physiological equilibrium. Physical, mental, or emotional strain or tension.” (Webster’s Dictionary)

“Stressed out: incapacitated, disabled, deficiency, disempowered to act or function.”

- 1.) Stress is a common experience and a part of everyday life.

2.) Much stress incapacitates or harms your ability to live or function.

3.) Too much stress brings mental, emotional, and physical destruction or sometimes death

The Origin of Stress – Genesis 2:15-17

Disobedience (Sin) against God's command results in death (spiritual) and separation from God.

Genesis 3:6: the act of disobedience and sin

Genesis 3:7: the result of sin and disobedience: nakedness

Genesis 3:10: nakedness and fear

Genesis 3:24: separation from God: both physical and spiritual

Romans 5:12: sin entered the world and through sin death came upon all mankind, because all were born of sinful parents: Adam and Eve.
Hebrews 2:14-15

Sin became hereditary – part of man's nature, and fear of death brought bondage.

Sin came into the world. Death followed sin. Fear followed death. Stress followed fear. Sin, death, fear and stress are always connected: it's a "death cycle." One activates the other.

Fear produces: fright, worry, torment (confusion), stress, jealousy, doubt, unforgiveness, sickness and illnesses.

How to overcome Stress? There is only one way: by overcoming fear. And how do we overcome fear? There is only one way: by knowing and applying the Word of God.

Romans 8:2 "The law of the Spirit of life in Christ Jesus has made me free from the law of sin and death." One higher law has made us "free" from the law of sin and death.

Romans 6:18 "And having been set free from sin, you became slaves (servants) of righteousness."

We are free from sin, therefore free from death (cycle) and free from fear and its torments.

Fear must be resisted with God's Word, "The Sword of the Spirit." (Ephesians 6:17)

All forms of fear are bondages and strongholds and must be destroyed with the Word of God which is our might weapon (2 Corinthians 10:4-5)

Fear will not just go away. It has to be removed. Once it is removed, it has to be kept out and away through the Word of God.

Fear produces stress and stress is not from God, just like fear is not from God. Fear is an evil spirit. "God has not given us the spirit of fear." God also did not give us sin or death.

2 Timothy 1:7 explains this: "For God has not given us the spirit of fear, but of power and of love and of a sound mind." These are the spirits that come from God and He gives freely to us.

How do we overcome stress? By remaining free from fear and staying in the center of God's love. 1 John 4:16 says, "God is love." Verse 18 says, "there is no fear in love." Therefore, there is NO FEAR in God, because God is love. God has no fear in Him because there is no death in Him. And there is no death in Him because there is not sin in Him.

1 John 4:18 "There is no fear in love; but perfect love casts out fear, because fear involves torment.

John 4:12 "No one has seen God at any time. If we love one another, God abides in us, and His love has been perfected in us."

John 15:7 -12 tells us to "continue in Jesus' love." We must also keep our Father's commandments as Jesus did. This will enable us to abide (dwell, live) in God's love. Jesus stayed in the center of God's love where there was no sin, death or fear. Jesus made a way for us to do the very same thing He did by keeping the commandment of love: John 15:12 & 1 John 3:23.

"This is my commandment, that you love one another as I have loved you."

"And this is His commandment: that we should believe on the name of His Son Jesus Christ and love one another, as He gave us commandment.

When we love God and love others, God's love in us becomes stronger and more developed and perfected. Fear is cast out and kept out. God's joy becomes our strength and through His Word we overcome fear and stress, and also the sicknesses and illnesses that come through stress.

We have been made free from the law of sin and death! (Romans 8:2) Therefore I will obey the Lord Jesus Christ and NOT fear, because He commanded us to FEAR NOT!