

# Biblical Answers to Stressors

## Health

I know from my own experience, things never run smoothly when stress is present. KidsClub has now been running for two weeks.

Dorothy decided that we would spend the first week together as a group.

That meant picking a craft that everyone could work on.

We decided we had better make a sample of the craft for display purposes.

It was a simple wind chime.

It looks really neat.

And it was something 4 and 5 year olds be making.

How hard could it be?

An hour into the project with 2 adults working, we still weren't done.

Nothing was working the way the 12 easy steps said it should.

It was like trying to assemble a Barbie playhouse or a "Barbie Q".

You almost have to stand on your head to do these things.

The less time you have for a project the more time it consumes.

Have you ever noticed that?

Working on that craft really stressed Dorothy and me out.

Have you tried tying knots with invisible nylon thread?

Frustration and/or panic escalate when stressed by time.

I had more knots in my stomach than in the wind chime.

Here are some other warning signs of unhealthy stress levels.

Stress Warning Signs and Symptoms	
Cognitive Symptoms	Emotional Symptoms
<ul style="list-style-type: none"> <li>▪ Memory problems</li> <li>▪ Inability to concentrate</li> <li>▪ Poor judgment</li> <li>▪ Seeing only the negative</li> <li>▪ Anxious or racing thoughts</li> <li>▪ Constant worrying</li> </ul>	<ul style="list-style-type: none"> <li>▪ Moodiness</li> <li>▪ Irritability or short temper</li> <li>▪ Agitation, inability to relax</li> <li>▪ Feeling overwhelmed</li> <li>▪ Sense of loneliness and isolation</li> <li>▪ Depression or general unhappiness</li> </ul>
Physical Symptoms	Behavioral Symptoms
<ul style="list-style-type: none"> <li>▪ Aches and pains</li> <li>▪ Diarrhea or constipation</li> <li>▪ Nausea, dizziness</li> <li>▪ Chest pain, rapid heartbeat</li> <li>▪ Loss of sex drive</li> <li>▪ Frequent colds</li> </ul>	<ul style="list-style-type: none"> <li>▪ Eating more or less</li> <li>▪ Sleeping too much or too little</li> <li>▪ Isolating yourself from others</li> <li>▪ Procrastinating or neglecting responsibilities</li> <li>▪ Using alcohol, cigarettes, or drugs to relax</li> <li>▪ Nervous habits (e.g. nail biting, pacing)</li> </ul>

These symptoms are posted at [www.Helpguide.org](http://www.Helpguide.org).

The more symptoms you identify, the closer you may be to stress overload.

Chronic excessive stress has a direct impact on a person's health.

Long-term exposure to stress can lead to serious health problems.

Stress can disable our body's immune system.

A weakened immune system leaves us vulnerable to germs in the environment.

The medical profession has identified many stress related health issues.

**Insomnia** or the inability to sleep -unless sitting at a desk.

**Eating disorders** is another health symptom of stress.

I had just consumed a bag of drizzled black and white kettlecorn.

Then I read, **"Have you ever reached for something sweet and tasty when you felt overwhelmed by stress?"**

**I always thought desserts were the antidote to being stressed.**

If you flip stressed around you get desserts.

It works for me but eating more desserts is not the remedy.

Eating more desserts just means you enjoy your stress more.

**Depression** is another health challenge caused by stress.

Unresolved stress can make a person feel angry or hopeless.

Anger and hopelessness can lead to depression.

It can raise blood pressure and increase the risk of heart attack

Stress can result in stroke and speed up the aging process.

Long-term stress can even rewire the brain.

It changes how you think.

Incorrect perceptions make you more easily depressed.

When stress reaches a certain point, it stops being helpful.

Excess responsibilities and worries result in emergency stress.

Your stress response mechanisms may be "on" most of the time.

The more your body's stress system is activated, the harder it is to shut off.

The medical profession gives a bunch of things to try in the midst of stress.

Meditation, sipping herbal tea and squeezing a stress ball may be therapeutic.

I tried the stress ball last week.

All I got was a cramp in my forearm.

They may be therapeutic but they are not the solution.

This communion table shows us the way to be free from unhealthy stress.

All those activities try to mimic the biblical answer.

**Learning to please God is the solution to stress.**

**"So, whether you eat or drink, or whatever you do, do all to the glory of God." (1 Corinthians 10:31)**

That is the message of our Scripture this morning.

Eight times Solomon highlights the important of learning.

He wanted his son to learn about God.

If his son could learn what pleases God he would experience health.

Solomon tells his son the things that don't please God. (Prov. 6:16-19)

We need to learn what does please God.

**All through Scripture we are challenged by God to learn.**

God wants us to learn lessons about Him.

**There are things about God we do not know automatically.**

Things about the spiritual life are not a natural understanding.

Over and over God challenges us to learn of Him.

**The more we know about God, the more we experience His amazing freedom.**

Knowing God enables us to experience His freedom.

The more areas of life where we experience freedom guess what happens?

The freer you are, the less stress you experience.

**Learning of God leads to freedom which leads to less stress.**

Of course this knowledge of God is not just intellectual.

Intellectual knowledge is certainly important in knowing God.

But knowing God is really being in fellowship with Him.

John correctly says, **"This is the message we have heard from Him and proclaim to you, that God is light and in Him is no darkness at all. If we say we have fellowship with Him while we walk in darkness, (that darkness is both spiritual and intellectual as Paul speaks of having our minds darkened by sin) we lie and do not live according to the truth; (again we are intellectually ignorant of the truth of who God is because we have not learned) but if we walk in the light, as He is in the light (having the eyes of our hearts enlightened to know the**

hope) **we have fellowship with one another, and the blood of Jesus His Son cleanses us from all sin. If we say we have no sin we deceive ourselves and the truth is not in us.**" (1 John 1:6-8)

**Knowing God is to be in a personal relationship with Him.**

Knowing God involves our heart and our mind.

It is to love Him with all our heart, mind, soul, and strength.

That relationship results in freedom.

Freedom means release from the grip of this world.

Freedom means release from the hold of sin.

**Jesus said, "if you continue in My word, you are truly My disciples, and you will know the truth, and the truth will make you free."** (John 8:31-32)

If you do not know God in this way, stress will build in your life.

Its effects will escalate.

Without God we will try to sedate stress.

**This world's sedatives turn on us and eventually deepen our bondage.**

**Matthew Henry says, "Satan shows the best, but hides the worst."**

Solomon tells us the wicked **"cannot sleep unless they have done wrong; they are robbed of sleep unless they have made some one stumble."**

Jesus shows us the worst, or the cost of following Him.

And He does that so we can experience His best, an abundant and free life.

**He calls us to the cross so we can experience the freedom of forgiveness.**

Long before Jesus died for his sins, Solomon knew what he needed.

He needed a pure heart.

He knew his son also needed a pure heart.

And learning of God and His righteousness provided that purity.

What have you learned of God recently?

What have you discovered that is truly pleasing to God?

And have you obeyed?

Or have you looked to the right or the left?

Have you blended in with the ways of the world?

Have you been tempted to think that following Jesus is futile?

I invite you to do something that is pleasing to God right now.

I said earlier, "This communion table shows us the way to be free from unhealthy stress."

How does communion help?

Is there something medicinal in this cracker and juice?

**No, receiving communion means I am stepping back.**

Receiving communion recognizes that Jesus has done what I never could.

He is the path of righteousness which shines brighter and brighter.

Through communion we unite our hearts with Him and with each other.

This is for the young and the old.

It is for the rich and the poor.

It is for every one of us here.

Your relationship with this church doesn't matter.

But receiving communion is only for the disciple of Jesus.

It is only for the person who is in fellowship with God through Jesus.

It is only for those who refuse to **"eat the bread of wickedness and drink the wine of violence."** (v.17)

Eat the bread of Jesus' broken body and drink the wine of Jesus' shed blood.

Jesus died on the cross so we wouldn't have to.

Jesus has done for us what we discover is impossible for ourselves.

Stress is from trying to save ourselves rather than trusting Jesus.

It pleases God when we trust completely in His Son Jesus.

If you haven't learned that, I invite you to come to Jesus right now.

Communion song - The Old Rugged Cross